

SEL Standards Connection

5-10 minutes

SEL FOCUS:

This activity focuses on **Responsible Decision-Making (Reflection, Situation Analysis)** in selecting the skill that most resonated with participants, **Relationship Skills (Effective Communication)** and **Social Awareness (Appreciating Diversity)** as connections are made and diversity of experiences highlighted during the whole-group sharing.

OVERVIEW & PURPOSE

Participants review the skills connected to their local SEL standards (or the SEL competency wheel with skills) that they used or saw others use during the engagement and select one to share with the group. As volunteers share out, everyone who selected that same skill sits down when the sharing person does.

When and Why: In this low-risk activity, reviewing and connecting learning to SEL skills and standards helps participants keep sight of the SEL nature of the work we do in meetings, professional learning, and classrooms.

MATERIALS NEEDED

ACTIVITY

1. Distribute a copy of your local SEL standards (or the CASEL wheel with skills) and ask participants to put a checkmark next to each of the SEL skills they used or saw others using, during your time together.
2. After a minute or two, ask participants to go back through the skills they checked and circle one that is especially important to them.

3. After another minute, when you notice almost everyone is done writing, invite all to stand.
4. Explain that as you go around the room, one at a time participants will read their one circled specific SEL skill (or local standard) and then be seated.
5. Encourage participants to look boldly around the room as they read their choice, because everyone who happened to choose the same skill or standard will sit down at this same time. If participants want to wave or make a signal of connection, invite them to!
6. Ask for a volunteer or invite someone to begin. Listen without comment to the sharing.

DEBRIEF

Once everyone is seated, you may wish to make a general closing remark or connection to student skill development.

Modifications and Variations: If using with students, invite them to reflect on the skills within only one or two specific competencies to narrow the focus until they become fluent in identifying the SEL skills they are using.