

	3 SIGNATURE SEL PRACTICES For the Classroom	 School Support and Wellness
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1. Welcoming/Inclusion Activities Time 1–10 minutes

Activities for Inclusion *Establish safety and predictability. Support contribution by all voices. Set norms for respectful listening. Encourage students to connect with one another.*

Culturally-Responsive Commitments • Welcome students by name as they enter the room • Use eye contact with all students • Focus on community building (Appreciations, Mood, Good News) • Integrate student culture and background in discussions • Encourage person to person interactions • Include student voice in every interaction	Class Examples • Greet students warmly in all settings at all times (on time or late) • Check-in activities and morning meetings • Ask students how to say hello in their native language • Start with positive expectations, feedback and/or celebrations • Play name games to develop relationships • These activities translate into “You are welcomed and accepted!”
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2. Engaging Communication Practices Time 1–15 minutes

Sense-making and Brain Breaks - *Intentionally build SEL skills. Foster relationships, cultural humility, and cultural responsiveness. Promote empowerment and collaboration.*

Culturally-Responsive Commitments • Use affirming teacher language • Plan and reflect based on student work • Encourage problem-solving among students • Develop ethnic and racial identity • Analyze opportunity gaps and stereotype threats • Engage with service-learning and community • Provide criteria and standards for successful task completion	Class Examples • Model and practice classroom routines and SEL competencies • Use cooperative learning structures (Turn & Talk, jigsaw, etc.) • Use random response strategies • Give opportunities for participatory student interaction • Engaging culturally relevant discussions/responses • Seek multiple perspectives • Connect learning to student’s real-life experiences
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3. Optimistic Closures Time 3-5 minutes

Reflections and Looking Forward *End the day with reflection. Have students name something that helps them leave on an optimistic note. Create a moment that makes students look forward to returning tomorrow.*

Culturally-Responsive Commitments • Give a lesson overview • Use prompts such as: ◦ What worked today? This week? ◦ What is right with our students...our class...our school... our community? ◦ What problems did I help fix or repair today? ◦ What did I learn about my identity that makes me proud?	Class examples have students consider: • What is something I learned today? • What is something I look forward to learning more about? • Who is someone I was able to help? • Who helped or was kind to me? • What is something I want to share with my family? • What is something I am still confused about? • What is something I enjoyed about the day?
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3 SIGNATURE SEL PRACTICES For Adult Learning



1. Welcoming Rituals – Time 1–10 minutes

Activities for Inclusion - Adults bring their experience to professional learning communities and meetings; allow them to use it! Establish safety and predictability. Support contribution by all voices. Set norms for respectful listening. Allow people to connect with one another and create a sense of belonging.

Examples and Culturally-Responsive Commitments

- Be intentional regarding community building
 - Check in with a Mood Meter, Appreciations, inspiring quotes
 - Check in with your team (grade level, content, etc.)
 - Share a common poem or verse, TED talk, expressions, sayings
 - Explicitly name equity implications of work/learning for today's topic
- Have an interactive check-in. Begin with a sentence starter:
 - "A success I recently had was..."
 - "One thing that's new about..."
 - "One norm/agreement I will hold today is..."
 - "One challenge I recently faced was..."

2. Engaging Communication Practices – Time 1–15 minutes

Sense-making and Brain Breaks - Adults want to make their own meaning and have fun. Engaging practices are brain-compatible strategies that can foster relationships, cultural humility, cultural responsiveness, empowerment and collaboration. They intentionally build adult SEL skills. These practices can also be opportunities for brain breaks that provide a space for integrating new information into long-term memory. Otherwise, it is soon forgotten.

Examples and Culturally-Responsive Commitments

- Offer 30-90 seconds of silent think time before speaking or sharing
 - Allow processing time: turn and talk, share and listen
 - Allow a one or two-minute breaks to stand and stretch
 - Foster practices that involve student dialogue/interactions through pairs, triads, small and whole groups
- Active prior knowledge through collaborative problem-solving: include expertise of students, parents, teachers, communities and each other in our work
 - Connect work to issues of bias, privilege, equity, stereotypes to address the opportunity gaps at every opportunity

3. Optimistic Closures – Time 3-5 minutes

Reflections and Looking Forward - Adult learning occurs when behavior changes. End each meeting or professional learning by having adults reflect on and name something that helps them leave on an optimistic note. This provides positive closure, reinforces the topic, and creates momentum toward taking action.

Examples Culturally-Responsive Commitments

- Consider:
 - What are my next steps?
 - How will I extend this conversation topic and with whom?
 - How can I make this topic more relevant and what resources do I need?
- What is a word or phrase that reflects how I feel about moving forward with this?
 - What is one thing I appreciate about..?
 - Offer an appreciation for someone in the room.
 - What is one thing I appreciate about..?
 - I'm looking forward to learning more about...

