



CASEL's SEL 3 Signature practices Playbook

CASEL has developed three signature practices for embedding SEL and creating a positive environment. These are particularly useful in COVID times.

<p>Keep in mind:</p> <ul style="list-style-type: none"> ● Modelling your thinking and WHY we are doing an activity is helpful <p>Habits of mind we want to build</p> <ul style="list-style-type: none"> ● Tolerating discomfort-- builds resilience and understanding <p style="text-align: center;">Just because it feels bad doesn't mean it is bad.</p> <ul style="list-style-type: none"> ● Tolerating 'not knowing' or ambiguity-- builds problem-solving mindset 	<ul style="list-style-type: none"> ● Honor emotions: they have important messages. All emotions are valid. ● Normalize having a range of feelings; there are not 'bad' feelings, some of them feel uncomfortable. How the feelings are expressed matters.
<p>Welcoming inclusion activity, routine or ritual</p> <ul style="list-style-type: none"> ● Whole-group: individual reflects on success or challenge. Summarize key connection ● Morning circles ● One, Two, Three, CLAP! (pg 15) or Meow ● I see, I think, I wonder 	<p>Open each class period, meeting, or professional learning experience with a 'Welcoming inclusion activity, routine or ritual' that builds community and connects to the work ahead.</p>
<p>Engaging Strategies: Routines (what to do) & Rituals (who we are)</p> <ul style="list-style-type: none"> ● Give One, Get One, Move On (Go, Go, Mo) pg 29 ● "turn-to-your-partner" or 'Turn and Talk' ● Clock buddies <p>Intersperse Brain-breaks:</p> <ul style="list-style-type: none"> ● 'Someone' says ● Yoga moves ● Mindful minute breathing- belly breathing or 4-6-6 ● 5 grounding exercises 	<p>Embed Engaging strategies, including brain breaks, to anchor thinking and learning, throughout the experience. Engaging strategies offers many opportunities that vary in complexity to practice SEL skills.</p> <p>Explain SEL skills explicitly eg. pro-social skills in partner activities</p> <ul style="list-style-type: none"> ● Eye-contact, taking turns, rephrasing, caring cues (head-nodding, affirmative sounds)
<p>Optimistic Closing</p> <ul style="list-style-type: none"> ● One-Minute Accolade ● One Takeaway I'm going to try ● I am curious about... ● I am looking forward to tomorrow because... ● What is a strategy you used today? ● What went well today? Why? ● What was tricky? Is there anything you would do differently? <p>For younger classes focus more on behaviour</p>	<p>Intentional way of closing the lesson. Not necessarily cheerful but highlights an individual and shared understanding of the importance of the work, and can provide a sense of accomplishment and support forward-thinking. The closing activity may be reflective of the learning, help identify next steps, or make connections to one's own work.</p>