

SEL IN THE CLASSROOM: TIPS AND TRICKS

Third Grade to Fifth Grade

Emotion Check In

Start the day with a student emotion check-in. This can be as simple as using an emotions poster, where students point to how they feel as they walk into the classroom.

Morning Meeting

Set the tone for the school day in a way that helps students feel safe and welcome with a Morning Meeting that includes these four components: greeting, share, morning message, and an activity.

Third Grade to Fifth Grade

Partner and Group Work

Allow students to practice their C.A.R.E.S. SEL skills by creating opportunities for partner and group work. Try to put students together that typically wouldn't work with one another so they have the chance to learn from new perspectives.

Calm-Down Corner

Incorporate a calm-down corner somewhere in the classroom where students can step away from the group and regroup themselves before returning to the group setting. Teach students how to use the tools in the calm-down corner appropriately. Encourage students to use mindfulness strategies to regulate their emotions.