

# SEL IN THE CLASSROOM: TIPS AND TRICKS

Sixth Grade to Eighth Grade

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## Personalized Daily Greetings

Build a positive relationship with each of your students by welcoming them into the classroom with individualized daily greetings, check-ins, and words of encouragement.

## 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.

### Sixth Grade to Eighth 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.