OREGON’S TRANSFORMATIVE SOCIAL AND EMOTIONAL LEARNING

# Structures of Support

This activity is designed to help you reflect on the existing structures of support, identify barriers to support and explore new possibilities for support while implementing Transformative Social and Emotional Learning (SEL).

**Instructions**

1. **Prepare Your Paper**

* Take a piece of white cardstock and fold it into three columns.
* Label each column as follows:
* Column 1: Current Opportunities
* Column 2: Barriers
* Column 3: Possibilities

1. **Opportunities**  
   In the Current Opportunities column, think about the ways you and your colleagues currently support each other. Consider resources and structures that already exist to help with lesson planning, classroom management and capacity building.

* **Questions to guide your reflection**
* What opportunities for support already exist within your team or school?
* How do your colleagues support each other in terms of SEL?
* What resources (professional development, mentorship, peer collaboration) are available to you?

1. **Barriers**  
   In the Barriers column, brainstorm all the obstacles that might be preventing you from accessing or offering support. Think beyond time constraints—explore deeper factors that could be limiting support.

* **Questions to guide your reflection**
* What challenges or obstacles prevent you from receiving support?
* Are there structural, cultural or logistical issues that get in the way of collaboration?
* How might the demands of your role or workload contribute to these barriers?

1. **Possibilities**  
   In the Possibilities column, let your imagination run free! Think about the ideal types of support you need to effectively implement and embody transformative SEL. In this section, you are invited to dream big, setting aside any barriers or limitations.

* **Questions to guide your reflection**
* What kind of support would be most helpful for you in implementing SEL?
* What new resources or structures could be introduced to enhance your work?
* How would you want to receive support from your peers, administrators or the community?