OREGON’S TRANSFORMATIVE SOCIAL AND EMOTIONAL LEARNING

# SEL Signature Practices

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| Inclusive Welcome | Engaging Strategy | Intentional Close |
| Consider opening each class period and meeting with an inclusive welcome that respects cultural and linguistic diversity, builds community, and sets the stage for learning. | Consider embedding engaging strategies throughout the school day to offer interactive or reflective opportunities for  students to grasp content and connect learning to their own experiences, varying in complexity and style. | Consider closing each learning experience intentionally by highlighting an individual or shared understanding of the lesson, reflecting on the process or the content, helping students identify next steps or encouraging students to show appreciation for one another. |
| Examples | Examples | Examples |
| * + Whole-group greeting activities   + Deep breathing or mindfulness ([square breathing](https://www.bsu.edu/-/media/www/departmentalcontent/counseling-practicum-clinic/pdfs-new-website/square-breathing.pdf?sc_lang=en&hash=C93DFFEF567518288125A59798B2C3A3325CAECD)) * Morning circles or rituals * Interactive do-nows, such as peer-to-peer homework help or quick pair assignments | * + Think, Ink, Pair, Share (silent time to reflect, time to write, partner discussions, close with a group share out) * Mindful Minute Brain Break (a calming activity promoting focus and readiness to learn) * [Gallery Walk](https://signaturepractices.casel.org/gallery-walk/) * [Pass It On](https://signaturepractices.casel.org/pass-it-on/) | * [Future Me](https://signaturepractices.casel.org/future-me/) * [One-Minute Accolade](https://signaturepractices.casel.org/one-minute-accolade/) * [My Next Step](https://signaturepractices.casel.org/my-next-step/) * [One Word Whip Around](https://signaturepractices.casel.org/one-word-whip-around/) (choose a word that describes how you feel) |

# \* These examples can be used with adults and students.