

Welcoming Students Back to Our Classrooms Using CASEL's SEL 3 Signature Practices

These SEL 3 Signature Practices from The Collaborative for Academic, Social, and Emotional Learning (CASEL) provide a framework to help create warm and welcoming schools and classrooms. As we welcome students back into our buildings, it is as important as ever to intentionally establish environments where children and staff feel safe and are able to focus. Use these practices to build consistency and predictability to help create a foundation of safety, connection and fun.

You may already do many of them and you may find a new one here to add in. Any practices that you choose to do must be done using physical distancing and following other COVID safety protocols.

For more information on SEL Signature Practices go [here](#).

Welcoming Activity (1 to 10 minutes)

Start each day with a welcoming activity to set the tone, give everyone a chance to check in and settle into the day. Your students will be able to have a voice and feel a sense of belonging.

Examples of welcoming activities include:

- RULER Mood Meter check in
- Start with positive feedback and celebrations
- Classroom check in using tools such as "one rose and one thorn"

Engaging Practices (1 – 15 minutes)

Use engaging practices to encourage inclusion and foster relationships. Engaging practices intentionally build SEL skills. They can also be times for brain breaks when new information can be integrated.

Examples of engaging practices include:

- Students offer positive feedback via post-it notes on projects
- MindUP Brain Break using the chime
- Stretch or movement brain break

Optimistic Closure (3 – 5 minutes)

End the day with time to come together and reflect, either individually or as a group. This allows students to leave feeling hopeful and look forward to returning.

Examples of an optimistic closure include:

- Gratitude Exit Slips
- Journal writing
- Have students consider "someone I was able to help today," "something I learned today," "something I enjoyed today," or a similar reflection.