

# SEL focused resources for remote/ hybrid return

Getting to know you, classroom routines,  
embedding daily SEL

***ALL*** resources sourced from

*The Methuen Public Schools Mental Health / Social Emotional Learning and Safety  
Reopening Committee*

# Start of the Year Suggested Resources & Activities

## PK-4 – Start of the Year Resources & Activities

[This document](#) is a bank of resources geared towards the first few weeks of school with activities about:

- Creating class rules
- Getting to know your students
- Students getting to know each other
- Setting class expectations
- Setting goals
- Creating a workspace
- Social distance greetings
- Community building

The document also has a multitude of links to various resources about remote and hybrid starts to the school year.

## 5-8 – Start of the Year Resources & Activities

[Here](#) are some helpful instructional practices, lessons, and strategies for creating a positive environment for remote learning. Try to use some of these activities during the **first week** of school.

**What other start of the year resources and activities have been generated?**

# SEL in the Classroom

Resource - [SNAPSHOT: SEL Signature Practices](#)

- **What is it?**

- *A quick overview of the 3 SEL Signature Practices with example strategies*

- **What are the 3 SEL Signature Practices ?**

- *Welcoming Inclusion Activities, Engaging Strategies, and Optimistic Closures*

*\*The following three slides explain each SEL practice further and provide 3 example strategies.*

# Welcoming/Inclusion Activities



Once remote learning routines have been established, open each remote class with a **WELCOMING INCLUSION ACTIVITY, ROUTINE, OR RITUAL** that builds community and connects to the work ahead.

## ***PK-4 Examples of Welcoming Activities, Routines, and Rituals:***

- [Attendance Questions](#)
- [Four Corners](#)
- [Name & Motion](#)
- [One, Two, Three, CLAP!](#)
- [Synectics](#)
- [What's New?](#)
- [Taking Emotional Temperature](#)

## ***5-8 Examples of Welcoming Activities, Routines, and Rituals:***

- [GoNoodle](#)
- [Four Corners](#)
- [Taking Emotional Temperature](#)
- [Gratitude Prompts](#)
- [Quote of the Day](#)

# Engaging Strategies, Brain Breaks, and Transitions



Embed **ENGAGING STRATEGIES**, including brain breaks to anchor thinking and learning, throughout the remote learning experience. Engaging strategies offer many opportunities that vary in complexity to practice SEL skills. Engagement and learning individuals and collectively are supported by intentionally chosen strategies and activities with sequenced steps that suit your remote group's current needs. Build a balance of interactive and reflective experience to meet the needs of all participants.

## ***PK-4 Examples of Engaging Strategies:***

- [Brain Break-Mindful Minute](#)
- [Guided Brain Break-Mindup at Home](#)
- [Attention Signal](#)
- [Virtual Google Meet: Breakout Rooms](#)

## ***5-8 Examples of Engaging Strategies:***

- [Pass it on](#)
- [Scoot](#)
- [Brain Break - Calm Breathing](#)
- [Brain Break - Energizing](#)
- [Gallery Walk](#)

# Optimistic Closures

# Wrap-Up

Close each remote learning experience in an intentional way. An **OPTIMISTIC CLOSURE** is not necessarily a “cheery ending,” but rather highlights an individual and shared understanding of the importance of the work, and can provide a sense of accomplishment and support forward-thinking. It is all the more necessary to stress the importance of work and to provide a sense of accomplishment remotely. The closing activity may be reflective of the learning, help identify next steps, or make connections to one’s own work.

## ***PK-4 Examples of Optimistic Closures:***

- [One Word Whip Around](#)
- [One Takeaway I'm Going to Try](#)
- [Future Me](#)
- [SEL Standards Connection](#)

## ***5-8 Examples of Optimistic Closures:***

- [3-2-1](#)
- [I'm Curious](#)
- [Daily Dozen](#)
- [The Three Ws](#)

# Facing History and Ourselves SEL Resources



## Teaching Strategies

[Teaching Strategies](#) - A searchable database of student-centered strategies to:

- strengthen literacy skills, nurture critical thinking, and
- create a respectful classroom climate.

# Other SEL Supports From Facing History And Ourselves

1. [Preparing to Welcome Students Back to School](#)
  - a. [Start With Yourself Tool](#)
  - b. [Center Relationships and Care Tool](#)
  - c. [Infuse Personal Reflection and Self-care into Your Practice Tool](#)
2. [Opening and Closing Routines](#)
3. [Online Tools for Connection and Collaboration](#)
4. [Activities for a Remote or Hybrid Start](#)



# Additional Resources

[Beginning of the Year Activities](#)

[Gratitude Activity lesson](#)

[Gratitude prompts](#)

[Health/ SEL links and info](#)