

SEL IN THE CLASSROOM: TIPS AND TRICKS

Kindergarten to Second Grade

Free Play

It is important for students to have time to play and talk with their peers. Allow time for students to interact with each other through free play.

Creative Expression

Encourage expression through art. Remember, some children are better at communicating through different forms of art.

Kindergarten to Second Grade

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.

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.