

## Social and Emotional Learning: Engaging Strategies

### Select- Reflect- Connect

- Number popsicle sticks or Ping-Pong balls, doubles of each. Place in jar or fishbowl in a centralized area of the classroom.
- Prompt students to select a number at the start of the activity.
- Present a question, quote, image or song for student reflection. 3-5 minutes of reflection.
- Prompt students to connect with a classmate with a corresponding number. If uneven, allow groups of three.
- Students will share their reflection with a peer and regroup for whole class discussion.
- Pairs will share findings together during whole group discussion.
- This activity can be used multiple times throughout the lesson.

**Competency: Relationship skills, self-awareness and social awareness.**

### 45 second countdown

- Divide students into two teams.
- The teams compete by remembering key concepts that were discussed during the lesson or throughout the week.
- Set a timer for 45 seconds encouraging the students to list as many key words as possible.
- The team that comes up with the longer list in 45 seconds wins.
- Discussion Prompt: What have we discussed today that was not on listed? Is there anything you would like to be further explained?

**Competency: Relationship skills and self-management.**

### Stump the team

- Group students into 2-4 teams.
- Give teams ten minutes to review material and develop five questions with correct answers to ask the other team(s).
- Teams will select a leader to ask and answer questions from the team.
- Each team will present one question. Teams can select which team to direct their question if there are multiple groups.
- The responding team has 30 seconds to answer. If correct, they can ask the next question, if incorrect, the question is presented to a different team. Continue until all have asked a question.
- Teams can create team name/color for additional engagement. Recognize winning teams with small rewards, recognition etc.
- Variation: Stump the teacher. Students can challenge the teacher using the same model.
- Discussion prompt: What did this review tell you about how much you've learned? What areas do you need to learn more about? What are ways you can accomplish that?

**Competency: Relationship skills, self-awareness, self-management, and social awareness.**

### Reflection- Optimistic Closure

- At the end of class, have everyone do a short reflection based on one of the following prompts:
  - What did you contribute to class today?
  - What is something you feel more confident in now verses the beginning of class (skill or knowledge)?
  - How are you feeling leaving class today?
  - How are you feeling about coming to class tomorrow (next class day)?
  - If you had to sum up today in three words, what three words would you choose?
- Have students share with the whole class in a circle, with a partner, in small groups or simply turn into the teacher as an exit ticket.

**Competency: Self-awareness, social-awareness, relationship skills and responsible decision-making.**

