




Designing interactive learning with SEL and UDL

Purpose

Be intentional in designing interactive sessions for true learner engagement using [CASEL's SEL 3 Signature Practices](#) as well as principles for [Universal Design for Learning \(UDL\)](#). Below are examples that are simple, portable, and customizable. Consider the needs and size of your group when deciding whether to take turns sharing out loud, using the chat, or going into breakout rooms.

Practices

1. WELCOMING/INCLUSION ACTIVITY 	2. ENGAGING STRATEGIES 	3. OPTIMISTIC CLOSURE 
<ul style="list-style-type: none"> ❑ Opening Check-In (e.g. Zones of Regulation, Mood Meter, etc.; additional ideas here) ❑ Grounding and Centering Exercise (aka Mindfulness Practice - calming, uplifting) ❑ Permission Slips (inspired by Brené Brown) ❑ Write down, rip up, and throw away your stress ❑ What are you happy about? What are you challenged by? ❑ Kindness Conversation - "Share an act of kindness you have experienced recently (gave or received)." 	<ul style="list-style-type: none"> ❑ Breakout Rooms (e.g. Small-Group Discussion) Tip: Co-create shared expectations ahead of time ❑ Question Formulation Technique (QFT) ❑ Agency / Choice (e.g. Choose Your Breakout Room) ❑ Collaboration (e.g. Jamboard, Shared Slidedeck) ❑ Chat Activity (e.g. Waterfall) ❑ Polls ❑ Inquiry-Based Design (e.g. Discover, Discuss, Demonstrate) ❑ Movement Breaks / Brain Breaks (e.g. via OCDE) 	<ul style="list-style-type: none"> ❑ Gratitude Practice - Think deeply and name the feelings. (e.g. Journal, Google Forms) ❑ Self-Affirmations ❑ Appreciation, Apology, Aha ❑ Reflecting and Looking Ahead (e.g. set a reminder to try something new, FutureMe.org) ❑ Closing Check-In (e.g. "What 1-2 words sum up your feelings about our time together?") ❑ "As you reflect on your learning today, please share an idea, thought, or point of view that grew for you."