

Extension Activities for SEL Lessons

Elementary Level: Grades 1-5

Day 1: Warmup

Start the week with a lesson warm-up or a mindful moment.

- Before starting the video, have students reflect on how they're feeling or what they're having a hard time with. Do they feel worried, anxious, calm?
- Start the video. When appropriate, take moments to pause the video and reflect with students about what has been shared.
- After the video, check back in with students about how they're feeling and whether or not they can use the tool(s) shared in the video.

Here are some additional ways to extend the warm-up:

- Think-Pair-Share:** After the initial warm-up activity, have students pair up with a classmate to discuss the video or mindful activity and then share out with the entire class. This would work well in a morning meeting format.
- Picture Prompt:** Show an image related to the unit topic. Ask students to infer or share feelings and thoughts about the image, connecting it to their own personal experiences and learnings.
- Quote Reflection:** Share a relevant quote and ask students to reflect upon its connection to the SEL lesson. They can then discuss or journal their feelings.

Extending the warm-up can effectively set the tone for the lesson, making students more engaged and receptive to the primary content that follows.

Day 2: Learn

Continue into the week with the core video lesson from **Everyday Speech**.

- Before starting the video, write the Key Terms (found in Teaching Tools) on the whiteboard or easel. Ask students if they have seen/heard these words before. Gather input from students about what they already know.
- Start the video. If you find natural moments to pause and discuss what's happening, feel free to start a discussion with students.
- Pause after the **SKILLS** portion of the video has been shared.
- Have students pair and share to discuss the skills. If possible, give students a scenario to apply these skills to. Have them share with the class how they would use these skills with the scenario given.
- Complete the video. Have students share their takeaways from the video.

Here are some additional ways to extend the **LEARN** part of the lesson:

- Role-Playing:** After watching the video, have students role-play scenarios that utilize the skill. It reinforces the learning and offers practical application.
- Recreate the Video:** Challenge students to create their own version or continuation of the video, incorporating the learned skill.
- Expert Insight:** Invite a guest speaker or watch an interview related to the video topic. Compare and contrast the insights from the video with the expert's views. Experts could include current or former students, other teachers, administrators, or parents.

Extending the "LEARN" part of the video lesson, especially when it's centered around a focused video on skill-building, involves making the most of the content and ensuring students are actively engaged and internalizing the material.

Day 3: Discuss

As your students grasp this week's concept, utilize discussion to expand their perspective and understanding.

- If necessary, revisit the video from the “Learn” portion of the lesson or utilize the Skill Review PDF to revisit key concepts from the video.
- Download the Discuss prompt and display it on the Smart Board or screen.
- Give students 5-10 minutes to draw or journal about the discussion prompt.
- After students have independently thought about the prompt, give them five minutes to discuss the prompt with a partner or small group.
- Once students can share in a small group, ask for volunteers to share with the entire class.

Here are some additional ways to extend the DISCUSS part of the lesson:

- **Interviews:** Have students use the discussion prompt as a way to engage in conversation with parents, teachers, or friends outside of class.
- **Visual Representation:** Students create diagrams, posters, or other visual tools to depict the SEL concept.
- **Question Hat:** Students submit anonymous questions or comments about the topic, which can be discussed as the week progresses.
- **Skill Challenges:** Propose a weekly challenge for students to practice the SEL skill in real-life scenarios.

The "DISCUSS" portion is integral to the SEL lesson as it facilitates understanding, encourages empathy, and fosters a sense of community.

Day 4: Review

Continue to dive deeper into the SEL topic by reviewing key concepts and continuing powerful conversations.

- If students were given any tasks, such as interviews or challenges, reflect with students about their conversations or experiences discussing the SEL topic or participating in the challenges.
- Download the Review prompt and display it on the Smart Board or screen.
- Similarly to the previous prompt, allow students 5-10 minutes of self-reflection to independently draw or journal about the prompt.
- After students have independently thought about the prompt, give them five minutes to discuss the prompt with a partner or small group.
- Once students can share in a small group, ask for volunteers to share with the entire class.

Here are some additional ways to extend the REVIEW part of the lesson:

- **Gallery Walk:** If students have drawn or shared ideas about a topic, ask for volunteers to showcase their drawings or work around the room. Students can then walk around the classroom to see others' perspectives.

***Note:** Some students may not want to share their work publicly. Only take volunteers for this activity.*

- **Four Corners:** Label room corners as "Strongly Agree," "Agree," "Disagree," and "Strongly Disagree." Pose a statement related to the lesson, and students move to the corner that matches their opinion, discussing their choices.
- **Digital Forums:** If your students have access to a 1-1 device, extend the discussion beyond the classroom using digital forums or platforms like Google Classroom. This allows for ongoing dialogue and the inclusion of additional resources or media.

By diversifying the discussion methods, educators can cater to different learning styles, foster a safe environment for sharing, and ensure comprehensive exploration of SEL topics.

Day 5: Reflect

As you wrap up, it's an opportunity to celebrate your students' learning, ensure understanding, and follow up with any remaining thoughts or questions.

- Download the Reflect prompt and display it on the Smart Board or screen.
- Similarly to the previous prompt, allow students 5-10 minutes of self-reflection to journal independently.
- Following the independent journal time, divide the students into small groups. Assign each group a Key Term (found in Teaching Tools). Have students work together to discuss and define the key terms and apply them to a scenario that they themselves create or that you, the educator, provide.
- After students have independently thought about the prompt, give them five minutes to discuss the prompt with. With any remaining time, head to the Unit's supplemental materials to look for additional interactive activities or games to support this week's lesson in an engaging and fun way. a partner or small group.

Here are some additional ways to extend the REFLECT part of the lesson:

- Interactive Quizzes:** Use digital platforms to create engaging quizzes. This not only reviews the lesson but also adds an interactive and fun element.
- Flashcards:** Students create flashcards of the main ideas or terms from the week's lesson. These can be used for peer quizzing or individual review.

By varying the review techniques, educators can ensure students engage with the material in multiple ways, reinforcing their understanding and making the learning memorable.

Making the Most of Everyday Speech Materials: Additional Ideas

In addition to the full curriculum, explore a variety of fun and engaging activities under each unit's "Support Bundle Materials" as well as the "Browse All Materials" tab.

Here are some ideas to get started:

- **Support Bundle Materials:** Accompanying each unit are additional support bundle materials. While these resources have been curated to utilize at Tiers 2 and 3 – they are also a great way to extend classroom lessons and deepen student understanding of the unit.
- **All Materials:** You will find all materials in Everyday Speech's SEL curriculum here.
- **Videos Only:** Explore a variety of SEL videos to utilize with your students. Use the "Search" tool to look for relevant materials specific to your classroom's needs.
- **Activities Only:** In the Activities tab, you'll find a variety of interactive and downloadable activities. These include but are not limited to crafts, journal prompts, matching activities, and discussion questions.
- **Games Only:** Utilize our games as a fun way to engage your students in their social-emotional learning and skill development. Choose from a variety of game series, as well as specific topics such as Emotional Recognition, Problem-Solving, Self-Regulation, and Conversation Skills.
- **EDS World:** Everyday Speech World (ESW) is a great opportunity to teach social skills by interacting with real-life characters who immerse your students in social conflicts that they must solve. These realistic social simulations support decision-making and aid in your students' social-emotional learning!

Everyday Speech does it all for you so you can confidently integrate Social-Emotional Learning into your classroom. For more information go to www.everydayspeech.com

