

**Virtual Workshop for
Infusing Social Emotional Learning into
Current Classroom Instruction
Learning Reflection Guide**

 **#1**
STOP AND DO

**How have you incorporated SEL into your instruction thus far?
How have you demonstrated an unconditional positive regard?
What language of asset do you already use?**

 **#2**
STOP AND DO

**What concepts and strategies do you already have in place for infusing SEL into a lesson?
What concepts and strategies presented will you begin to incorporate?**

Already in Place:	Begin to Incorporate:

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#3

STOP AND DO

**How does your management style promote social emotional learning?
What aspects of classroom management are different with virtual learning environments?**



#4

STOP AND DO

What adjustments will you make to your current instruction?

Teach metacognition:

Promote dialogue:

Teach collaboration:

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What strategies will you use to relay the six life messages, build relationships, and incorporate self-care strategies?

Six Life Messages:

- I believe in you
- I trust in you
- I know you can handle this
- You're listened to
- You're cared for
- You're very important to me

Build Relationships:

Self-Care Strategies:
