**Weave SEL Into Your Daily Teaching: A 4-Step Process**

Planning Guide

|  |
| --- |
|  |
| **Step 1: Identify a time that’s challenging for your students.** |
|  |
| **Step 2: Ask yourself, “Are my expectations realistic and reasonable?”** |
|  |
| **Step 3: Consider: What SEL skills might help your students be more successful?** |
|  |
| **Step 4: Plan a simple way to teach the SEL skill(s) that your students need when they need it.** |
|  |

Example:

