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

Planning Guide

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

A picture containing text

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