

SEL Class Meeting Resources

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The grade level sheets assembled here offer a variety of lesson plans for you to use while establishing your classroom community as we return to school. These are resources, *not a required* scope and sequence. As such, there is some overlap between the resources, especially those listed for "Community Building" for each grade. Feel free to review the lessons and use the ones that you're most comfortable with or that best meet the needs of your classroom.

Choose Love has amazing resources, but you need to create a free account to access them. The Choose Love lessons were designed with remote learning in mind, so they provide all of the materials you need and are really engaging.

General SEL Resources

Resource Name	Author	Good For...
The Classroom Meeting Handbook	CPS Office of Social Emotional Learning	Greeting ideas, activity ideas
Calm Classroom eBook (must make an account)	Calm Classroom	Mindfulness breaks
Teaching the Whole Child	CPS Office of Social Emotional Learning	Incorporating SEL into everyday lessons
Virtual Calming Room	OSSEO Area Learning Center	Mindfulness breaks
Interactive Mood Check Ins	Amanda Giordano	Welcoming check in
Online Stopwatch	Online Stopwatch	Visual timers, sensory visuals
Random SEL Games and Ideas	Samantha Nieto	Last Minute Community Builders

Class Meeting Resources by Grade

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SEL Resources - Kindergarten						
Community Building	Responsive Classroom - The First 10 Days of Morning Meetings for K	Day 1	Turning attention toward the teacher	Kinder Guidebook		
		Day 2	Beginning simple interaction & participation in the meeting			
		Day 3	Getting to know students' names & simple participation speaking			
		Day 4	Getting to know students' names & simple participation (responding when called on)			
		Day 5	Getting to know students & participation (taking turns, standing & sitting during a meeting)			
		Day 6	Reestablishing connections and practicing safe movements			
		Day 7	Learning about one another through movement, continuing to practice safe movements			
		Day 8	Generating ideas to support in creating hopes and dreams			
		Day 9	Counting and safe movements			
		Day 10	Learning songs/chants to add to a shared repertoire, engage in further conversation to support in sharing hopes & dreams			
	Second Step - Community Rebuilding Unit	Lesson 1	Meet the Class	Lesson		
		Lesson 2	Exploring Classroom Rules	Lesson		
		Lesson 3	I Can Feel Better	Lesson		
		Lesson 4	My Self-Portrait	Lesson		
		Lesson 5	The Same and Different	Lesson		
	Anti-Bias Building Blocks - Creating a Safe and Comfortable Classroom Environment	Lesson 1	Ground Rules	Lesson		
		Lesson 2	Communication Well	Lesson		
		Lesson 3	Listening	Lesson		
		Lesson 4	My Feelings	Lesson		
Lesson 5		Cooperation	Lesson			
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Feel the Tug of Love	Lesson and Slides		
		Lesson 2	All Feelings are Okay	Lesson and Slides		
		Lesson 3	Growth Mindset	Lesson and Slides		
Emotional Regulation	Second Step - Standard Lessons Available Online	Lesson 12	We Feel Feelings in our bodies- clues in your body to identify feelings	Lesson	Video	Family Letter
		Lesson 13	Managing frustration	Lesson	Video	Family Letter
		Lesson 14	Calming down strong feelings	Lesson	Video	Family Letter
		Lesson 15	Handling waiting	Lesson	Video	Family Letter
		Lesson 16	Managing anger	Lesson	Video	Family Letter

		Lesson 17	Managing disappointment	Lesson	Video	Family Letter
		Lesson 18	Handling being knocked down	Lesson	Video	Family Letter
Misc.	BrainPOP Jr.		Emotions	Video and activities		
			Determination	Video and activities		
			Mindfulness	Video and activities		

SEL Resources - 1st Grade						
Community Building	Responsive Classroom - The First 10 Days of Morning Meetings for 1st	Day 1	Friendly & safe participation, following directions	1st Grade Guidebook		
		Day 2	Remembering & expanding on routines			
		Day 3	Feeling comfortable stating names, identifying commonalities			
		Day 4	Turn taking & active listening			
		Day 5	Continue building comfort with sharing & with speaking confidently in front of the group			
		Day 6	Reestablishing connections and practicing safe movements			
		Day 7	Learning about one another through movement, continuing to practice safe movements			
		Day 8	Generating ideas to support in creating hopes and dreams			
		Day 9	Counting and safe movements			
		Day 10	Learning songs/chants to add to a shared repertoire, engage in further conversation to support in sharing hopes & dreams			
Community Building	Second Step - Community Rebuilding Unit	Lesson 1	Meet the Class	Lesson		
		Lesson 2	Exploring Classroom Rules	Lesson		
		Lesson 3	I Can Feel Better	Lesson		
		Lesson 4	My Self-Portrait	Lesson		
		Lesson 5	The Same and Different	Lesson		
Community Building	Anti-Bias Building Blocks - Creating a Safe and Comfortable Classroom Environment	Lesson 1	Ground Rules	Lesson		
		Lesson 2	Communication Well	Lesson		
		Lesson 3	Listening	Lesson		
		Lesson 4	My Feelings	Lesson		
		Lesson 5	Cooperation	Lesson		
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Feel the Tug of Love	Lesson and Slides		
		Lesson 2	All Feelings are Okay	Lesson and Slides		
		Lesson 3	Growth Mindset	Lesson and Slides		
Emotional Regulation	Second Step - Standard Lessons Available Online	Lesson 12	Identifying our own feelings	Lesson	Video	Family Letter
		Lesson 13	Strong Feelings	Lesson	Video	Family Letter
		Lesson 14	Calming down anger	Lesson	Video	Family Letter
		Lesson 15	Self-talk for calming down	Lesson	Video	Family Letter
		Lesson 16	Managing worry	Lesson	Video	Family Letter
Misc.	BrainPOP Jr.		Emotions	Video and activities		
			Determination	Video and activities		

			Mindfulness	Video and activities		
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SEL Resources - 2nd Grade						
Community Building	Responsive Classroom - The First 10 Days of Morning Meetings for 2nd	Day 1	Learning names, friendly & safe participation, following directions	2nd Grade Guidebook		
		Day 2	Learning names, practice active listening			
		Day 3	Continue to practice active listening skills & becoming more comfortable sharing			
		Day 4	Identifying commonalities and making connections			
		Day 5	Building confidence through repetition and extending connections			
		Day 6	Reconnecting & building relationships through noting commonalities and experiences			
		Day 7	Learning last names, strengthen connections & relationships through creativity & shared ideas			
		Day 8	Continue to learn last names, begin to share ideas about school & being in 2nd grade			
		Day 9	Strengthening routines for Morning Meeting, learning more about one another to continue to build connections & strengthen relationships			
		Day 10	Speaking confidently & practicing active listening skills			
Community Building, Emotional Regulation, Mindfulness	Second Step - Community Rebuilding Unit	Lesson 1	Hi, My Name is _____	Lesson		
		Lesson 2	Exploring Classroom Norms	Lesson		
		Lesson 3	We Are Linked	Lesson		
		Lesson 4	Learning About Each Other with Art	Lesson		
		Lesson 5	Crayon Questions	Lesson		
Community Building, Emotional Regulation, Mindfulness	Anti-Bias Building Blocks - Creating a Safe and Comfortable Classroom Environment	Lesson 1	Ground Rules	Lesson		
		Lesson 2	Communication Well	Lesson		
		Lesson 3	Listening	Lesson		
		Lesson 4	My Feelings	Lesson		
		Lesson 5	Cooperation	Lesson		
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Love	Lesson and Slides		
		Lesson 2	If Kids Ran The World	Lesson and Slides		
		Lesson 3	All Feelings Are Okay	Lesson and Slides		
		Lesson 4	Growth Mindset	Lesson and Slides		
Emotional Regulation	Second Step - Standard Lessons Available Online	Lesson 11	Introducing emotion management	Lesson	Video	Family Letter
		Lesson 12	Managing embarrassment	Lesson	Video	Family Letter
		Lesson 13	Handling making mistakes	Lesson	Video	Family Letter
		Lesson 14	Managing anxious feelings	Lesson	Video	Family Letter

	Available Online	Lesson 15	Managing Anger	Lesson	Video	Family Letter
		Lesson 16	Finishing tasks	Lesson	Video	Family Letter
Misc.	BrainPOP Jr.		Emotions	Video and activities		
			Determination	Video and activities		
			Mindfulness	Video and activities		

SEL Resources - 3rd Grade						
Community Building	Responsive Classroom - The First 10 Days of Morning Meetings for 3rd	Day 1	Introduction to Morning Meeting	3rd Grade Guidebook		
		Day 2	Active listening and engaging with others while practicing responsibility			
		Day 3	Making connections with others while practicing assertiveness			
		Day 4	Continue to make connections with others while practicing cooperation			
		Day 5	Making simple decisions that lead to the rule-making process			
		Day 6	Continue to build a sense of community, teach & practice responsibility and inclusion			
		Day 7	Continue to build a sense of community, teach & practice assertiveness and empathy			
		Day 8	Continue to build a sense of community, apply academic skills			
		Day 9	Apply and practice the classroom rules and SEL skills			
		Day 10	Continue to build connections to strengthen the community while practicing empathy and responsibility			
Community Building	Second Step - Community Rebuilding Unit	Lesson 1	Hi, My Name is _____	Lesson		
		Lesson 2	Exploring Classroom Norms	Lesson		
		Lesson 3	We Are Linked	Lesson		
		Lesson 4	Learning About Each Other with Art	Lesson		
		Lesson 5	Crayon Questions	Lesson		
Community Building	Anti-Bias Building Blocks - Creating a Safe and Comfortable Classroom Environment	Lesson 1	Developing Classroom Guidelines	Lesson		
		Lesson 2	Nonverbal Communication and Miscommunication	Lesson		
		Lesson 3	Active Listening	Lesson		
		Lesson 4	Understanding, Managing, and Expressing Feelings	Lesson		
		Lesson 5	Collaboration and Teamwork	Lesson		
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Love	Lesson and Slides		
		Lesson 2	If Kids Ran The World	Lesson and Slides		
		Lesson 3	All Feelings Are Okay	Lesson and Slides		
		Lesson 4	Growth Mindset	Lesson and Slides		
Emotional Regulation	Second Step - Standard Lessons Available Online	Lesson 11	Introduction to Unit 3 on Emotion Management	Lesson	Video	Family Letter
		Lesson 12	Managing test anxiety	Lesson	Video	Family Letter
		Lesson 13	Handling accusations	Lesson	Video	Family Letter
		Lesson 14	Managing disappointment	Lesson	Video	Family Letter
		Lesson 15	Managing anger	Lesson	Video	Family Letter
		Lesson 16	Managing hurt feelings	Lesson	Video	Family Letter

Misc.	BrainPOP Jr.		Emotions	Video and activities		
			Determination	Video and activities		
			Mindfulness	Video and activities		

SEL Resources - 4th Grade						
Community Building	Responsive Classroom - The First 10 Days of Morning Meetings for 4th	Day 1	Introduction to Morning Meeting	4th Grade Guidebook		
		Day 2	Active listening and engaging with others while practicing responsibility			
		Day 3	Making connections with others while practicing assertiveness			
		Day 4	Continue to make connections with others while practicing cooperation			
		Day 5	Making simple decisions that lead to the rule-making process			
		Day 6	Continue to build a sense of community, teach & practice responsibility and inclusion			
		Day 7	Continue to build a sense of community, teach & practice assertiveness and empathy			
		Day 8	Continue to build a sense of community, apply academic skills			
		Day 9	Apply and practice the classroom rules and SEL skills			
		Day 10	Continue to build connections to strengthen the community while practicing empathy and responsibility			
Community Building	Second Step - Community Rebuilding Unit	Lesson 1	Hi, My Name is _____	Lesson		
		Lesson 2	Exploring Classroom Norms	Lesson		
		Lesson 3	We Are Linked	Lesson		
		Lesson 4	Learning About Each Other with Art	Lesson		
		Lesson 5	Crayon Questions	Lesson		
Community Building	Anti-Bias Building Blocks - Creating a Safe and Comfortable Classroom Environment	Lesson 1	Developing Classroom Guidelines	Lesson		
		Lesson 2	Nonverbal Communication and Miscommunication	Lesson		
		Lesson 3	Active Listening	Lesson		
		Lesson 4	Understanding, Managing, and Expressing Feelings	Lesson		
		Lesson 5	Collaboration and Teamwork	Lesson		
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Love	Lesson and Slides		
		Lesson 2	Hope	Lesson and Slides		
		Lesson 3	All Feelings Are Okay	Lesson and Slides		
		Lesson 4	Growth Mindset	Lesson and Slides		
Emotional Regulation	Second Step - Standard Lessons Available Online	Lesson 10	Review unit 1 and reintroduce emotion management	Lesson	Video	Family Letter
		Lesson 11	Managing strong feelings	Lesson	Video	Family Letter
		Lesson 12	Calming down anger	Lesson	Video	Family Letter
		Lesson 13	Managing anxiety	Lesson	Video	Family Letter
		Lesson 14	Avoiding jumping to conclusions	Lesson	Video	Family Letter

		Lesson 15	Handling put-downs	Lesson	Video	Family Letter
Misc.	BrainPOP		Back to School 2020	Video and Activities		
			Setting Goals	Video and Activities		
			Sleep	Video and Activities		
			Getting Help	Video and Activities		
			Mindfulness	Video and Activities		

SEL Resources - 5th Grade						
Community Building	Responsive Classroom - The First 10 Days of Morning Meetings for 5th	Day 1	Introduction to Morning Meeting	5th Grade Guidebook		
		Day 2	Active listening and engaging with others while practicing responsibility			
		Day 3	Making connections with others while practicing assertiveness			
		Day 4	Continue to make connections with others while practicing cooperation			
		Day 5	Making simple decisions that lead to the rule-making process			
		Day 6	Continue to build a sense of community, teach & practice responsibility and inclusion			
		Day 7	Continue to build a sense of community, teach & practice assertiveness and empathy			
		Day 8	Continue to build a sense of community, apply academic skills			
		Day 9	Apply and practice the classroom rules and SEL skills			
		Day 10	Continue to build connections to strengthen the community while practicing empathy and responsibility			
Community Building	Second Step - Community Rebuilding Unit	Lesson 1	Hi, My Name is _____	Lesson		
		Lesson 2	Exploring Classroom Norms	Lesson		
		Lesson 3	We Are Linked	Lesson		
		Lesson 4	Learning About Each Other with Art	Lesson		
		Lesson 5	Crayon Questions	Lesson		
Community Building	Anti-Bias Building Blocks - Creating a Safe and Comfortable Classroom Environment	Lesson 1	Developing Classroom Guidelines	Lesson		
		Lesson 2	Nonverbal Communication and Miscommunication	Lesson		
		Lesson 3	Active Listening	Lesson		
		Lesson 4	Understanding, Managing, and Expressing Feelings	Lesson		
		Lesson 5	Collaboration and Teamwork	Lesson		
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Love	Lesson and Slides		
		Lesson 2	Hope	Lesson and Slides		
		Lesson 3	All Feelings Are Okay	Lesson and Slides		
		Lesson 4	Growth Mindset	Lesson and Slides		
Emotional Regulation	Second Step - Standard Lessons Available Online	Lesson 9	Introducing emotion management	Lesson	Video	Family Letter
		Lesson 10	Calming down	Lesson	Video	Family Letter
		Lesson 11	Managing anxiety	Lesson	Video	Family Letter
		Lesson 12	Managing frustration	Lesson	Video	Family Letter
		Lesson 13	Resisting revenge	Lesson	Video	Family Letter
		Lesson 14	Handling put-downs	Lesson	Video	Family Letter

		Lesson 15	Avoiding assumptions	Lesson	Video	Family Letter
Misc.	BrainPOP		Back to School 2020	Video and Activities		
			Setting Goals	Video and Activities		
			Sleep	Video and Activities		
			Getting Help	Video and Activities		
			Mindfulness	Video and Activities		

SEL Resources - 6th Grade				
Community Building	Responsive Classroom - The First 10 Days of Responsive Advisory Meetings for 6th	Day 1	Building Student-to-Student Affiliation	6th Grade Guidebook
		Day 2	Building Student-to-Student Affiliation	
		Day 3	Building Student-to-Student Affiliation	
		Day 4	Develop Communication and Social Skills	
		Day 5	Develop Communication and Social Skills	
		Day 6	Support Academic Readiness	
		Day 7	Support Academic Readiness	
		Day 8	Support Academic Readiness	
		Day 9	Support Academic Readiness	
		Day 10	Reflect and Recalibrate	
	Second Step - Community Rebuilding Unit	Lesson 1	Returning to school	6th Grade Unit
		Lesson 2	My Values	
		Lesson 3	Values of Friendship	
		Lesson 4	Community Values	
		Lesson 5	Making Our School Community Better	
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Unpacking Our Invisible Suitcase	Lesson and Slides
		Lesson 2	Post Traumatic Growth	Lesson and Slides
		Lesson 3	Expanding Our Emotions Vocabulary	Lesson and Slides
		Lesson 4	Is the Glass Half Full or Half Empty?	Lesson and Slides
		Lesson 5	Taking Risks	Lesson and Slides
		Lesson 6	Choose Love	Lesson and Slides
Misc.	Success Bound	Lesson 1	Ice Breaker	6th Grade Unit
		Lesson 2	Goal Setting	
		Lesson 3	Who do you have in your corner?	
		Lesson 4	Motivation	
		Lesson 5	Interest Exploration	
	Khan Academy/PERTS		Growth Mindset	Lesson

SEL Resources - 7th Grade				
Community Building	Responsive Classroom - The First 10 Days of Responsive Advisory Meetings for 7th	Day 1	Building Student-to-Student Affiliation	7th Grade Guidebook
		Day 2	Building Student-to-Student Affiliation	
		Day 3	Building Student-to-Student Affiliation	
		Day 4	Develop Communication and Social Skills	
		Day 5	Develop Communication and Social Skills	
		Day 6	Support Academic Readiness	
		Day 7	Support Academic Readiness	
		Day 8	Support Academic Readiness	
		Day 9	Energize and Engage	
		Day 10	Energize and Engage	
	Second Step - Community Rebuilding Unit	Lesson 1	Returning to school	7th Grade Unit
		Lesson 2	My Values	
		Lesson 3	Values of Friendship	
		Lesson 4	Community Values	
		Lesson 5	Making Our School Community Better	
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Unpacking the Invisible Suitcase	Lesson and Slides
		Lesson 2	Post Traumatic Growth	Lesson and Slides
		Lesson 3	Naming Our Emotions	Lesson and Slides
		Lesson 4	Growth vs. Fixed Mindset	Lesson and Slides
		Lesson 5	Getting Out of Your Comfort Zone and Personal Growth	Lesson and Slides
		Lesson 6	Choose Love	Lesson and Slides
Misc.	Success Bound	Lesson 1	Ice Breaker	7th Grade Unit
		Lesson 2	Goal Setting	
		Lesson 3	Who do you have in your corner?	
		Lesson 4	Interest Exploration	
	Khan Academy/PERTS		Growth Mindset	Lesson

SEL Resources - 8th Grade				
Community Building	Responsive Classroom - The First 10 Days of Responsive Advisory Meetings for 8th	Day 1	Building Student-to-Student Affiliation	8th Grade Guidebook
		Day 2	Building Student-to-Student Affiliation	
		Day 3	Building Student-to-Student Affiliation	
		Day 4	Develop Communication and Social Skills	
		Day 5	Develop Communication and Social Skills	
		Day 6	Support Academic Readiness	
		Day 7	Support Academic Readiness	
		Day 8	Support Academic Readiness	
		Day 9	Energize and Engage	
		Day 10	Reflect and Recalibrate	
	Second Step - Community Rebuilding Unit	Lesson 1	Returning to school	8th Grade Unit
		Lesson 2	My Values	
		Lesson 3	Values of Friendship	
		Lesson 4	Community Values	
		Lesson 5	Making Our School Community Better	
Community Building, Emotional Regulation, Mindfulness	Choose Love - Choosing Love in Our Brave New World Unit	Lesson 1	Unpacking the Invisible Suitcase	Lesson and Slides
		Lesson 2	Post Traumatic Growth	Lesson and Slides
		Lesson 3	Naming Our Emotions	Lesson and Slides
		Lesson 4	Growth vs. Fixed Mindset	Lesson and Slides
		Lesson 5	Getting Out of Your Comfort Zone and Personal Growth	Lesson and Slides
		Lesson 6	Choose Love	Lesson and Slides
Misc.	Success Bound	Lesson 1	Ice Breaker	8th Grade Unit
		Lesson 2	Know who you are and where you come from	
		Lesson 3	Know who you are right now	
		Lesson 4	Self Monitoring	
	Khan Academy/PERTS		Growth Mindset	Lesson