

Tips for Weaving SEL into OST

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➔ Start with clear SEL goals & objectives

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➔ Foster a supportive, safe, and inclusive environment

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➔ Invest in SEL training and PD for staff

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➔ Infuse SEL principles into existing curriculum

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➔ Emphasize SEL language to express emotions

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➔ Build strong relationships with youth

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➔ Implement reflection and feedback

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➔ Model SEL behaviors

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➔ Acknowledge inclusivity and diversity

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➔ Teach mindfulness and self-care