



Activity 1

- Review the Behavior Matrix from Example HS Way
- Identify examples from the Matrix that demonstrate one of the five SEL competencies
- Be prepared to share out your responses with the larger group

Example HS Way	Welcome/Arrival	Group Work	Whole Class Work	When You Feel Upset
Respectful	<ul style="list-style-type: none"> • Greet the teacher & classmates • Walk directly to your designated seat • Talk softly • Keep hands, feet, & belongings to myself 	<ul style="list-style-type: none"> • Listen to understand • Take turns speaking • Say, "I like that idea, AND..." 	<ul style="list-style-type: none"> • Listen to understand • Take turns speaking • Follow directions 	<ul style="list-style-type: none"> • Ask for a break when you feel upset • Express feelings making "I statements"
Organized & Achieving	<ul style="list-style-type: none"> • Walk directly to your designated seat • Bring your materials to class • Turn in homework 	<ul style="list-style-type: none"> • Complete group activity/task in allotted time • Clean up the area when time is up 	<ul style="list-style-type: none"> • Stay on task • Participate by responding to teacher prompts/questions 	<ul style="list-style-type: none"> • Ask my teacher to break down the assignment into smaller chunks • Ask to talk to someone if it will make you feel better
Responsible	<ul style="list-style-type: none"> • Arrive to class before the tardy bell • Start bell ringer activity • Ask for help 	<ul style="list-style-type: none"> • "Jump in" to help others • Manage time carefully 	<ul style="list-style-type: none"> • Clean up the area when time is up 	<ul style="list-style-type: none"> • Use cool off strategy (count to 25, deep breaths) as needed
Teacher's Role (Conditions for Learning)	<ul style="list-style-type: none"> • Supervise all areas of the classroom • Greet students warmly • Post bell ringer activity 	<ul style="list-style-type: none"> • Provide relationship opener for groups • Actively supervise small group activities 	<ul style="list-style-type: none"> • Be prepared for class with lesson plans and learning outcomes identified 	<ul style="list-style-type: none"> • Model cool off strategies • Listen to understand • Show genuine interest in students



SEL Competencies	Example(s)
Self-awareness	
Self-management	
Responsible decision-making	
Relationship skills	
Social awareness	