

# Self-Management Handout 5a: SEL Lesson Planning Tool

## **Directions:**

Referring to Handout 5b, choose one self-management sub-competency and read the column for your students’ age group. Choose one sample indicator/learning objective for planning a lesson. Then, choose one of the sample teaching strategies listed and think about how you would adapt the strategy to meet your students’ needs. Design a lesson to explicitly teach the learning objective using the following lesson planning template below. You can modify this template as you see fit to meet your context; its purpose is to prompt thinking on how to support student self-management.

## **Instructional Design:**

**Lesson Title**

**Lesson Duration**

**Description of Lesson Activities** (Include notes/considerations for differentiating instruction, behavior management, and assessment.)

## **SEL Competency, Sub-Competency, and Indicator:** Which SEL indicator do you plan to focus on as the learning objective for this lesson?

**Teacher Led Elements:** What specific parts of the lesson will focus on and support the development or application of the SEL indicator?)

**Student-Led Elements:** (How will students actively learn or apply the SEL indicator in a culturally responsive manner?)

**SEL-Academic Connection** (How will the SEL indicator you selected ultimately support engagement in academic activities?)

**Assessment** (How will you formatively assess the SEL indicator? What are the specific components of the formative assessment?)

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