




# Three Signature Practices for Adults

A Tool for Fostering Supportive Environments and Promoting Social Emotional Learning

<p><b>WARM WELCOME</b> <i>Activities for Inclusion</i> Time: 1-10 Minutes</p> 	<p><i>The Warm Welcome creates a space for everyone to show up authentically, be heard, and learn from each other while building connections with one another.</i></p> <p><b>Community Building Strategies</b></p> <ul style="list-style-type: none"><li>● <b>Grounding Activities</b><ul style="list-style-type: none"><li>○ <u>Breathing Ball</u></li><li>○ <u>Grounding Moment Exercise</u></li></ul></li><li>● <b>Two Truths and a Lie</b><ul style="list-style-type: none"><li>○ Each participant gives three statements about themselves to the group</li><li>○ Two statements are facts and one is false</li><li>○ Other team members must guess the lie</li></ul></li></ul> <p><b>Individual Check-In Strategies</b></p> <ul style="list-style-type: none"><li>● <u>Mood Meter/Feelings Check-In</u>: Pick 1-2 words that describe how you are feeling today.</li><li>● <u>Rose &amp; Thorn</u>: Share 'rose' (positive in their lives) and 'thorn' (something hard or challenging)</li><li>● <u>Sharing News</u>: Begin with a sentence starter ("A success I recently had..., One think that's new about..., One community agreement I will hold today is...")</li></ul> <p><i>To be successful, a Warm Welcome must be <b>carefully chosen</b>, connected to the work or the day, engagingly facilitated, <b>optional</b> for participants and thoughtfully debriefed.</i></p>
<p><b>ENGAGING ACTIVITY</b> <i>Sense-Making &amp; Brain Breaks</i> Time: 1-15 Minutes</p> 	<p><i>The Engaging Activity provides the opportunity for adults to collaborate and learn with and from one another in order to help retain information.</i></p> <p><b>Strategies</b></p> <ul style="list-style-type: none"><li>● <b>Breakout Groups</b></li><li>● <b>Think, Talk, Share and Listen</b> (FlipGrid &amp; Polls may be helpful in the virtual setting)</li><li>● <b>Group Collaboration</b> (Padlet &amp; Jamboard may be helpful in the virtual setting)</li><li>● <b>Utilize the RESJ Lens</b>: Considers issues of bias, privilege, equity, stereotype threat and opportunity gaps.</li><li>● <b>Brain Break</b>: Stand and stretch; refresh and reset the brain.</li></ul>
<p><b>OPTIMISTIC CLOSURE</b> <i>Reflections &amp; Looking Forward</i> Time: 3-5 Minutes</p> 	<p><i>An optimistic closure is not necessarily a "cheery ending," but rather intentionally highlights an individual and shared understanding of the importance of the work, and can provide a sense of accomplishment and support forward thinking.</i></p> <p><b>Strategies</b></p> <ul style="list-style-type: none"><li>● <b>Questions for Gratitude</b><ul style="list-style-type: none"><li>○ What's a compliment or appreciation you have for someone in the group?</li><li>○ What's something you're thankful for from our time together?</li></ul></li><li>● <b>Questions for Reflection</b><ul style="list-style-type: none"><li>○ What is one word that connects to our learning today?</li><li>○ What was something you enjoyed about today?</li><li>○ What is your next step based on our time together today?</li><li>○ What is one word that captures how you are feeling right now?</li></ul></li></ul> <p><i>In the virtual setting, consider using the chat box or polls. Encourage participants to read other responses or a facilitator can read some out loud.</i></p>