




Three Signature Practices for Adults

A Tool for Fostering Supportive Environments and Promoting Social Emotional Learning

<p>WARM WELCOME <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>Community Building Strategies</p> <ul style="list-style-type: none">● Grounding Activities<ul style="list-style-type: none">○ <u>Breathing Ball</u>○ <u>Grounding Moment Exercise</u>● Two Truths and a Lie<ul style="list-style-type: none">○ Each participant gives three statements about themselves to the group○ Two statements are facts and one is false○ Other team members must guess the lie <p>Individual Check-In Strategies</p> <ul style="list-style-type: none">● <u>Mood Meter/Feelings Check-In</u>: Pick 1-2 words that describe how you are feeling today.● <u>Rose & Thorn</u>: Share 'rose' (positive in their lives) and 'thorn' (something hard or challenging)● <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...") <p><i>To be successful, a Warm Welcome must be carefully chosen, connected to the work or the day, engagingly facilitated, optional for participants and thoughtfully debriefed.</i></p>
<p>ENGAGING ACTIVITY <i>Sense-Making & 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>Strategies</p> <ul style="list-style-type: none">● Breakout Groups● Think, Talk, Share and Listen (FlipGrid & Polls may be helpful in the virtual setting)● Group Collaboration (Padlet & Jamboard may be helpful in the virtual setting)● Utilize the RESJ Lens: Considers issues of bias, privilege, equity, stereotype threat and opportunity gaps.● Brain Break: Stand and stretch; refresh and reset the brain.
<p>OPTIMISTIC CLOSURE <i>Reflections & 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>Strategies</p> <ul style="list-style-type: none">● Questions for Gratitude<ul style="list-style-type: none">○ What's a compliment or appreciation you have for someone in the group?○ What's something you're thankful for from our time together?● Questions for Reflection<ul style="list-style-type: none">○ What is one word that connects to our learning today?○ What was something you enjoyed about today?○ What is your next step based on our time together today?○ What is one word that captures how you are feeling right now? <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>