

# #SELday

## MIDDLE SCHOOL INTERACTIVE LEARNING STRUCTURES

### SEL Day Walk and Talk

**Students walk with partners and discuss a given topic or question as a way to re-energize and spark deeper thinking.**

1. Introduce the activity. “We are going to take some time to share how learning social and emotional learning skills supports us academically.”
2. Pair students to discuss the following prompt before they begin to walk and talk. “What might help you dig deeper into this topic when doing the Walk and Talk?”
  - a. Pose one of the following questions:
    - b. “How could you use the SEL skills that we are learning and practicing in school outside of school, for example, at home?”
3. “What are some strategies or tools middle school students might use to reduce stress when it comes to academic work? What strategies or tools do you use?”
4. Give students six minutes for the Walk and Talk. Tip: Assign pairs different routes to take so that they are not all headed in the same direction.
5. When everyone returns, invite each pair to share one thing they discussed.

### SEL Day Word Splash

**Pairs or small groups of students “splash” words or phrases onto paper and explore how they connect to a topic or question.**

1. Introduce the activity. “In small groups, we will brainstorm words and phrases related to feeling connected—to your learning or to a group, in or outside of school.”
2. Group students and assign roles and responsibilities, such as timekeeper, recorder, and presenter.
3. Allow students 10 minutes to brainstorm and create their word splash.
4. Have students post their papers and explain their word splashes.