



# Ready to Elevate Your SEL Skills?

Integrate SEL practices into your classroom and accelerate your Harmony implementation and student SEL development by engaging in our free, on-demand Inspire modules. Each Harmony unit provides 2-3 Inspire modules to help you further develop your capacities related to each Harmony unit theme while understanding how SEL can foster positive growth and relationships.

The following 30- and 60- minute modules directly align with our Harmony units.

## Visit [inspireSEL.org](https://inspireSEL.org) today!

### Everyday Practices (Meet Up and Buddy Up)

#### Inspire Modules

##### **Building Relationships with Students**

In this module, discover concrete steps you can take to form stronger bonds with your students.

##### **Be the Spark: Nurturing Student Inspiration**

Use this module to help you foster the spark of student inspiration that leads to motivation.

##### **Preparing for Student Discussions**

Learn how to create norms, consider logistics, and model desired skills to make discussions more enriching for students.

##### **Developing Behaviors for Cooperative Learning**

This module helps you improve your ability to identify and teach pro-social behaviors that facilitate cooperative learning.

##### **Structuring Cooperative Learning**

Learn the components of effective cooperative learning activities which prepare students for a collaborative world.

### Unit 1 - Being My Best Self

#### Inspire Modules

##### **Engaging Emotions to Improve Memory**

This module explores specific actions educators can take to improve students' memory retention by leveraging their emotional responses.

##### **Be the Spark: Nurturing Student Inspiration**

In this module you will identify ways to create a classroom environment that nurtures student inspiration and fosters motivation.

## Unit 2 - Valuing Each Other

### Teaching Students Empathy

In this module, you will learn what empathy is, why it's important to foster in the classroom, and what specific actions you can take to develop a more empathic environment.

### Addressing Bullying Behavior

This module addresses ways to support students who are involved in bullying behavior to develop their pro-social skills and resolve bullying scenarios.

### Affirming Difference and Valuing Background Knowledge

This module is designed to help you reflect on your own attitudes towards difference, take proactive steps to learn about (and from) students and families, and build students' background knowledge into instruction.

## Unit 3: Communicating With Each Other

### Preparing for Student Discussions

Learn how to create norms, consider logistics, and model desired skills to make discussions more enriching for students.

### Strategies for Communicating with Parents

In this module, you will discover some helpful dos and don'ts for effective teacher-family communication.

## Unit 4: Learning from Each Other

### Restorative Justice: Rethinking Discipline

In this module you will identify strategies to implement a restorative justice system in your classroom.

### Helping Students Believe They "Can" Achieve

In this module you will learn strategies to increase students' motivation by boosting their belief in their intelligence.

### Design a Problem-Based Learning Experience

This module provides strategies for supporting students in cultivating critical thinking and problem solving skills when they work through meaningful problems.

