

# Explicit SEL Instruction

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## What is explicit instruction?

Explicit SEL instruction refers to consistent opportunities for students to activate, practice, and reflect on social and emotional competencies in ways that are developmentally appropriate. SEL instruction can take the form of lessons, routines, or activities that help build targeted skills. These can include check-ins, morning meetings, circles, conflict resolution practices, and lessons.

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## Effective SEL explicit instruction looks like...

- Students actively engaged in leading routines or learning activities
- Students reflecting on their own social and emotional competencies
- Students regularly connecting their perspectives and experiences to instruction
- Students interacting with and learning from peers and adults
- Educators providing developmentally appropriate direct instruction on social and emotional skills
- Educators employing active learning strategies that emphasize developing personal and social skills

\*Adapted from Indicators of Schoolwide SEL Walkthrough Protocol (CASEL, 2023).

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## Which program is right for my school?

Although the Nevada Department of Education (NDE) has adopted the Collaborative for Academic Social and Emotional Learning ([CASEL](#)) [framework](#) and developed the [NV SEL Standards](#), NDE does not endorse specific programs or curricula, but strongly recommends that any curricula used in NV schools be evidence-based. The CASEL program guide linked below can help you find an evidence-based program to meet the needs of your school/district.

## [CASEL Program Guide](#)

[Learn more about explicit SEL instruction | schoolwide SEL](#)

