

Integrated Skills Planner

PURPOSE

The science of learning and development tells us that students need opportunities to learn and practice skills, in authentic contexts, while they are calm and relaxed.

DIRECTIONS:

Use this tool to plan integrated skill development. As you and your students develop a shared repertoire of strategies, authentic opportunities to use these strategies will come up more and more naturally.

Considerations:

- Where can you incorporate holistic skill development into existing structures? (e.g., transitions, class meeting structures)
- Is there any academic content where there is a natural connection to student skills? (e.g., journal time, reading, group projects)
- Are there any special events or activities this week where specific skills will be required? (e.g., tests, field trip)

SAMPLE Completed Skills Planner

Theme or focus (optional) Use a theme to build in activities that feel interconnected: [Insert Theme Here] _____

Opportunity:	Skill Development:	Integration:
When might you integrate skill practice?	What skill(s) will be supported and why? What will students do?	What might you say to connect this exercise to the lesson or activity or to help students apply the strategy broadly?
During our Daily Closings	Prioritization/Executive Functions because students have struggled to decide what to do for homework Priority Lists—we will discuss our big goals for the week and students will prioritize what to focus on for homework.	
During Read Aloud	Self-Awareness/Emotion Identification Prompt, "How do you think [character] is feeling at this point in the book? Why do you think that?"	Ask students to reflect on a time they felt this way too.
Transition from Recess	Stress Management because many students have been struggling to get back into learning. Invite one student to select a stress management strategy from the class poster and lead the class.	Note that at the end of the week, discuss what has worked well and add any new strategies.
During Science Lab	Conflict Resolution because lab has been a tense time between students and I want to help them navigate differences productively. Roleplay dealing with conflict during a science lab.	Connect conflict to the "habits of scientists" chart.

Reflection Notes:

- Social skills are a strength for this class. Even when students are stressed or upset, they tend to treat each other with kindness. Be sure to recognize and celebrate this.
- Students needed more practice with emotion identification. Continue to revisit this exercise during read aloud.
- Some students still have not identified stress management strategies that work well for them. Do some research and reach out to families to see if they have any ideas.

Skills Planner

Theme or focus (optional) Use a theme to build in activities that feel interconnected: _____

Opportunity:	Skill Development:	Integration:
Where might you integrate skill practice into your schedule?	What skill(s) will be supported? What will students do?	What might you say to connect this exercise to the current lesson or activity?
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Reflection Notes: