

SEL COMPETENCY		
Activity Title		
Grade / Age Range		
Group Size		
Time Needed		
CORE skills to acquire		
Learning goal		
Preparation	Materials & Resources Room Setup Tech / Digital Tools	
Lesson flow	1. Briefing ___ min 2. Main Activity Steps ___ min <ul style="list-style-type: none"> • a. • b. • c. 3. Reflection ___ min 4. Closure/transfer ___ min	

Assessment	Formative checks (during lesson) Summative evidence / performance Student self-assessment	
Teacher Reflection (post-lesson)	Went well Student feedback notes To improve / next steps	