



SEL in Schools Summit, July 23-24, 2018  
Early Childhood SEL, Cathy Tantillo

Come Together Time

1. Transition to carpet - Make a Circle Song
2. Ready to Learn - Call and Response
3. Classroom Rules Daily Review - Echo and Mirror
4. Music and Movement - Hello Song
5. Breathwork
6. Music and Movement - Standing
7. Movement/Yoga - Seated and Standing
8. Relaxation or Quiet Time

Thumb Check and Feelings Chart

Building a Calm Down Corner