



PEDALS: Five Powerful Reflection Questions for SEL in Action Walkthroughs

(Focus: Connection , Reciprocity , Inclusion , Opportunities to Grow )

After observing, use these questions to invite teachers into meaningful reflection:

1. "Where did you notice a moment of real connection  today — between yourself and a child, between children, or even between colleagues?"

(Goal: Celebrate natural trust-building and emotional safety.)

2. "When did you notice a child leading, and how did you respond ?"

(Goal: Highlight moments of back-and-forth, following the child's lead, and empowering children's agency.)

3. "How did you make sure every child felt included  in what was happening today, even if their way of participating looked different?"

(Goal: Honor flexible, individualized approaches to inclusion.)

4. "Can you think of a moment when you supported a child's growth  — either emotionally, socially, or in their independence?"

(Goal: Spotlight "stretch" moments where SEL skills are gently nurtured in real time.)

5. "What small moment today made you feel proud of the environment and relationships you're building?"

(Goal: Strengths-based reflection on relational work — not just activities or lesson plans.)

Bonus Tip for Leaders:

- 🌿 Frame these as conversations, not checklists.
- 🌿 Start with celebration first ("Tell me about a moment you loved!")
- 🌿 Affirm what staff *already do naturally* — build from their strengths.

“When we notice the small moments, we grow a stronger, more connected community.”