

Here's a set of articles, videos, checklists, and graphics that provide information about what UDL is and how to use it to support diverse young learners so they can show us what they know and are able to do.

**What is Universal Design for Learning (UDL)?** <https://www.understood.org/en/learning-thinking-differences/treatments-approaches/educational-strategies/universal-design-for-learning-what-it-is-and-how-it-works>

This clearly written article provides a great introduction to what UDL is and how it works. It can be a good way to start learning about UDL for teachers and families.

### UDL and the Learning Brain

<https://www.cast.org/binaries/content/assets/common/publications/articles/cast-udlandthebrain-20180321.pdf>

UDL offers a framework that integrates what we know about the learning brain to inform the design of environments that support all learners. Discover the connections between UDL and the brain in this article.

### Using a Universal Design for Learning Framework to Enhance Engagement in the Early Childhood Classroom

<https://files.eric.ed.gov/fulltext/EJ1185417.pdf>

This article provides a brief overview of evidence-based UDL practices, with a specific focus on the use of engagement strategies for young children.

### Universal Design for Learning: A Checklist for Early Childhood Environments

[https://www.ctdoinstitute.org/sites/default/files/file\\_attachments/UDL-Checklist-EC.pdf](https://www.ctdoinstitute.org/sites/default/files/file_attachments/UDL-Checklist-EC.pdf)

Principles of UDL are fundamental to creating an early childhood environment that is responsive to individual learners of diverse cultures, abilities, languages, and life experiences. Use this checklist to discover ways in which the physical environment, social environment, and temporal environment may be used to support a degree of customization to all children, regardless of their individual abilities or learning preferences.

### Role of Universal Design for Learning and Differentiation in Inclusive Preschools

<https://divisionearlychildhood.egnyc.com/dl/dsOM1iDLsF/?&cid=effa8b839d9e4b78b4d443be9a405f95>

This chapter from the DEC Recommended Practices Monograph on Environments describes how to promote access and participation by using universal design strategies and making individualized modifications.

### The UDL Guidelines

[https://udlguidelines.cast.org/?utm\\_medium=web&utm\\_campaign=none&utm\\_source=udlcenter&utm\\_content=site-banner](https://udlguidelines.cast.org/?utm_medium=web&utm_campaign=none&utm_source=udlcenter&utm_content=site-banner)

*The UDL Guidelines* is a tool used in the implementation of UDL to improve and optimize teaching based on scientific insights about how humans learn. They offer a set of concrete suggestions that can be applied to ensure that all learners can access and participate in meaningful, challenging learning opportunities.

### UDL in 15 Minutes

<https://www.youtube.com/watch?v=yxHugNpPvzk>  
Laura Taylor has been teaching Kindergarten for ages. When she first learned about UDL, she was skeptical that it was anything different than good teaching. Once she dug in, though, she realized she could reach her students in ways she never had before. Listen to the examples of how UDL enabled her to engage her students in new ways and to offer them choices for showing what they know and can do.

### A GUMDROP About UDL

<https://www.youtube.com/watch?v=OULuqNgEWmU>  
Watch how successful this 2 year old can be with a small adjustment in the task.

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