SEL Resource Guide

MDE Social Emotional Learning DRAFT Standards

https://www.mdek12.org/sites/default/files/Offices/Secondary%20Ed/sel_standards_complete_9.22.20_draft.pdf

Activities

CASEL https://casel.org/parent-resources/ Guidelines for Parents and Caregivers

Childhood Stress https://kidshealth.org/en/parents/stress.html Stress can affect anyone who feels overwhelmed — even kids.

https://positivepsychology.com/mindfulness-for-children-kids-activities/ Mindfulness, the joy of being, can help children slow down and understand the world around them, and their inner thoughts and feelings. This resource provides activities for children of all ages.

Strong Readers Strong Leaders: Social Emotional Learning https://strongreadersms.com/SEL/ Resources and activities to help children identify, express, and manage their emotions.

Administrators

https://go.panoramaed.com/sel-playbook-for-superintendents In this playbook, they have compiled exactly what superintendents need to know about SEL. As a bonus, you'll also get advice on the role of SEL in distance learning and back-to-school planning.

Behavior

PBIS World https://www.pbisworld.com This website gives appropriate strategies to support students with their social-emotional and behavioral needs.

Reading is Fundamental Activity Center https://www.rif.org/SEL-activity-center-fairness Let the young children in your life explore resources about fairness on their own. This vetted, safe, and appropriate set of activities – including puzzles, games, and more – are ready for kids in grades Pre-K to 3 to use independently.

Communication

Engage all Stakeholders in Foundational Learning:
https://schoolguide.casel.org/resource/plan-sel-foundational-learning-for-the-school-community/ This webpage offers essential questions for planning learning opportunities, sample presentations, articles, videos, and a downloadable planning template.

Impact of SEL: https://casel.org/impact/ This webpage offers a variety of resources for communicating about SEL, including a customizable slide deck on the research supporting SEL.

Cultural Consideration of SEL

https://educate.bankstreet.edu/occasional-paper-series/vol2020/iss43/6/   In this paper, there is discussion of the crucial role of culture in SEL frameworks. The authors propose adopting an interdisciplinary lens to integrate culturally relevant pedagogy (CRP) and culturally sustaining pedagogy (CSP) into SEL programs to promote student well-being and academic achievement across contexts.

https://digitalcommons.tacoma.uw.edu/cgi/viewcontent.cgi?article=1043&context=edd_capstones The purpose of this study was to develop the process to capture and incorporate student voice from an indigenous (native American) student population into a social emotional learning program to meet the cultural context of the students being served.

https://www.azed.gov/sites/default/files/2018/09/Rawson-Supporting%20Native%20American%20Students%20with%20SE%20Learning.pdf?id=5b9950311dcb250dd0bc4882   This PPT helps to strengthen the understanding of ACES and the effects of trauma. Gain perspective of Native American student issues. Add SEL skills to the toolbox for working with Native American student.

https://www.edweek.org/leadership/opinion-response-meeting-the-needs-of-native-american-students/2019/04 This series will consider what those challenges might be and what might be ways educators and schools can more adequately respond to them. Contributors will also be discussing how we can look at Native American students through the lens of their assets and not a deficit-based approach.

http://wsascd.org/wp-content/uploads/Bleeker-Coronado.pdf   This study suggest the incorporation of Native American language, SEL, and cultural programming can be an effective strategy in remediation of the achievement gap for Native American children

Distance Learning

COVID-19 E-Learning Free Resources: https://selproviders.casel.org/sel-resources/ This searchable library links to SEL provider webpages where they offer free resources and curriculum to support SEL virtually and at home.

Strategies for Trauma-Informed Distance Learning: https://www.wested.org/resources/trauma-informed-distance-learning/ This brief offers general strategies and specific examples for how to recognize and respond to students' social and emotional needs as well as build in trauma-informed practices that will support all students.

Tennessee Toolkit for Teachers and Administrators to Incorporate Social and Personal Competencies Into Instruction: https://www.tn.gov/content/dam/tn/education/safety/safe_sch/safe_sch_se_toolkit.pdf This toolkit is designed to increase administrator and teacher awareness of the instructional practices that promote SEL.

This Time, With Feeling: Integrating Social and Emotional Development and College and Career Readiness Standards: https://www.aspeninstitute.org/publications/this-time-with-feeling/ This publication provides examples of how academic standards call upon students to use social and emotional skills and a rationale for embedding SEL in academic lessons.

Embedding SEL

Professional Learning Plan for SEL: https://schoolguide.casel.org/focus-area-1b/overview/ This webpage includes a tool to organize a customized professional learning plan for school staff that is clearly tied to the schoolwide goals for SEL, can be assessed for effectiveness throughout the year, draws upon available resources, and includes intentional follow-up to ensure that new practices are sustained.

Building Trauma-Sensitive Schools: https://safesupportivelearning.ed.gov/trauma-sensitive-schools-training-package This online module and handouts provide examples of ways to incorporate trauma sensitivity into the classroom.

Stress and the Brain: https://turnaroundusa.org/stress-and-the-brain/ This professional learning packet explains how stress impacts the developing brain.

Addressing Race and Trauma in the Classroom: A Resource for Educators: https://www.nctsn.org/sites/default/files/resources//addressing_race_and_trauma_in_the_classroom_educators.pdf This professional learning tool defines key terms, describes developmental differences in how children may be affected by racial trauma, and offers recommendations for creating a more trauma- informed classroom.

Project Based Learning for Remote Learning: https://www.pblworks.org/pbl-projects-remote-learning This webpage provides project ideas, recommended technology, and best practices for facilitating projects remotely.

Evaluation

Interview and Survey Your Community About the Path Forward: https://casel.org/wp-content/uploads/2020/06/Interview-and-Survey-Your-Community-About-the-Path-Forward.pdf This process, sample letters, and survey templates can be used to assess current successes and areas for additional support in your school community.

SEL Effort Inventory and Analysis: https://casel.org/wp-content/uploads/2020/06/SEL-Effort-Inventory-and-Analysis.pdf This interview protocol and inventory template can be used to review both schoolwide SEL efforts and efforts used by individuals and school partners to prioritize the most impactful practices for the coming year.

Administer Distance Learning Surveys to Students, Families, and Staff: https://www.panoramaed.com These downloadable open source surveys can be used to elevate student voice, teacher/staff/administrator feedback, and family and community needs.

Focal Students: Equity in the Classroom: https://www.nationalequityproject.org/free-webinars) This approach supports educators to learn deeply from a few students, particularly those who are not well-served by current systems, to change practices to impact a greater number of students. Consider this approach as you identify focal students who are disengaged this fall.

Understand and Improve Students' Learning Experiences: https://www.perts.net/resources Copilot-Elevate helps educators customize a short survey to learn how students are experiencing school, review results to see how experiences are promoting or hindering equitable learning, learn new practices to try with students, and track improvement over time.

Reflecting on School Discipline and SEL Alignment: https://schoolguide.casel.org/resource/reflecting-on-school-discipline-and-sel-alignment/ This organizer and checklist can be used to review and update policies and procedures to better align with your school's SEL vision and promote skill-building.

SEL Through Distance Learning: Teacher Self-Assessment: https://schoolguide.casel.org/resource/sel-through-distance-learning-teacher-self-assessment/ This self-assessment provides insight into strengths and areas to develop as educators promote SEL through distance learning and at-home assignments.

SEL Look-Fors in Blended Learning: https://casel.org/wp-content/uploads/2020/06/SEL-Look-Fors-in-Blended-Learning.pdf Use this tool to reflect on a learning activity you have designed or led after it has taken place, or ask a colleague to use it as they observe you.

SEL Teacher Self-Check Tool: https://www.transformingeducation.org/sel-integration-approach-teacher-self-check-tool/ This tool encourages educators to reflect on their own progress toward cultivating positive environments and integrating SEL in a way that is responsive to students' needs and aligned with academic instruction.

Helplines

DMH Helpline and **Crisis Lifelines** https://mentalhealthms.com/crisis-lifelines/ Available 24 hours a day, 7 days a week to help

Mental Health Mississippi https://mentalhealthms.com Access to local mental health services and resources for children and adults

National Suicide Prevention Lifeline: 1-800-273-8255 or text "Home" to **741741** to text with a Crisis Text Line counselor (24 hours a day, 7 days a week)

Implementation

Build a Transition Coalition: https://casel.org/wp-content/uploads/2020/06/Build-a-Transition-Coalition.pdf This worksheet can help you prepare to recruit members of a coalition to help set a schoolwide SEL vision and goals.

Develop a Shared Vision and Goals for Social and Emotional Learning: https://casel.org/wp-content/uploads/2020/06/Develop-a-Shared-Vision-and-Goals-for-SEL.pdf This tool provides processes for articulating a vision statement that reflects input from the full school community and using that vision to develop specific, measurable SEL-focused goals to drive transition planning.

https://www.gettingsmart.com/2019/06/tips-for-successfully-implementing-sel/ Best practices for implementing SEL effectively and successfully.

https://www.gettingsmart.com/2019/02/casels-new-guide-provides-actionable-steps-for-sel-implementation/ This free, online, interactive tool walks school stakeholders through CASEL's schoolwide implementation process, which has been used, field-tested, and refined for over a decade.

https://www.gettingsmart.com/2018/05/social-emotional-learning-and-the-future-of-education/ This study was conducted to determine social progress and the power of social and emotional skills; detailing the impact of developing those skills and highlights an underlying societal issue educators and world leaders need to prioritize.

https://www.wasa-oly.org/WASA/images/WASA/1.0%20Who%20We%20Are/1.4.1.6%20SIRS/Download_Files/LI%202017/Sept%20-%20Best%20Practices%20in%20Social-Emotional%20Learning.pdf In this report, Hanover Research describes best practices for the design and implementation of a district-wide social-emotional learning program.

The Wallace Foundation https://www.wallacefoundation.org/knowledge-center/Documents/Navigating-Social-and-Emotional-Learning-from-the-Inside-Out.pdf

The Wallace Foundation Brief Survey https://www.wallacefoundation.org/knowledge-center/Documents/Supports-for-Social-Emotional-Learning-in-Schools-Brief.pdf

Mental Health/Trauma

Compassion Resilience Toolkit for Schools: https://wisewisconsin.org/compassion-resilience/ This toolkit addresses teacher compassion fatigue and how to build resilience.

The Educator Context and Stress Spectrum: https://gtlcenter.org This tool supports educators in gaining a greater awareness of how their current personal and professional context affects their levels of stress in the time of COVID-19.

Support for Teachers Affected by Trauma: https://statprogram.org This online curriculum supports teachers dealing with secondary traumatic stress.

Psychological First Aid: https://www.nctsn.org This six-hour online learning module features innovative activities, video demonstrations, and mentor tips from the nation's trauma experts.

Trauma-Informed SEL Toolkit: https://www.transformingeducation.org/?s=Trauma-Informed+SEL+Toolkit+ This toolkit includes everything needed to deliver a two-hour professional development session designed for educators seeking research-based strategies to create a healthy classroom environment for students who have experienced adversities and trauma.

Teacher Training Modules: https://www.schoolcrisiscenter.org/resources/teacher-training-modules/ These professional learning modules provide a structure for supporting grieving students.

Racial Inequity

Talking to Students About Race and Ethnicity: https://www.tolerance.org/classroom-resources/tolerance-lessons/talking-about-race-and-racism **)** Packaged tools, webinar, and publications to support conversations with students about race, the Black Lives Matter movement, and injustice.

Speaking Up Against Racism Around the Coronavirus: https://www.tolerance.org/magazine/speaking-up-against-racism-around-the-new-coronavirus Written for teachers to address stereotypes, xenophobia, and racism in connection with COVID-19, this article contains links to Teaching Tolerance guides for responding to hate or bias incidents and resources for educators to facilitate critical conversations about bias and stereotypes.

Circle Scripts for Black Lives Matter at School: https://www.rcsdk12.org/Page/50704
Sample scripts for facilitating Circle discussions about race and identity, challenging racism, and the Black Lives Matter movement.

Talking About Race:
https://nmaahc.si.edu/search?search_api_views_fulltext=Talking%20About%20Race%20
This online portal is designed to help educators, families, and other individuals talk about racism, racial identity, and the way these forces shape society.

Reflecting on George Floyd's Death and Police Violence Towards Black Americans:
https://www.facinghistory.org/educator-resources/current-events/reflecting-george-floyds-death-police-violence-towards-black-americans This teaching guide will help teachers begin conversations with their students about George Floyd's death and the events that surround it, including reflection activities to prepare for teaching, creating space for emotional processing, and diving deeper with multimedia tools.

Relationship Skills

Conversation Starters for Families https://www.ahaparenting.com/parenting-tools/communication/family-discussions   Sometimes the hardest challenge is finding the right question to ask. This resource provides a multitude of questions to start conversations in the car, at the table, or when you have a few minutes to chat.

Social-Emotional Learning Games to Play with Your Child
https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children   Learning to manage our own emotions while be sensitive to others is a challenge that all children face. This site provides five games that families can play to sharpen their social and emotional skills, no tech required.

Developing Life Skills in Children: A Road Map for Communicating With Parents:
https://bealearninghero.org/readiness-roadmap/ These slides share research on how families respond to information about SEL and what kind of messaging is most effective.

Pursuing Social and Emotional Development Through a Racial Equity Lens: A Call to Action:
https://www.aspeninstitute.org/publications/integrating-social-emotional-and-academic-development-sead-an-action-guide-for-school-leadership-teams/   This publication identifies ways that equity and social, emotional, and academic development can be mutually reinforcing bodies of work.

Relationship Mapping: https://mcc.gse.harvard.edu/resources-for-educators/relationship-mapping-strategy This strategy helps ensure that each student has a relationship with at least one caring adult in school. This can also be done virtually.

Strategies for Equitable Family Engagement: https://statesupportnetwork.ed.gov This overview is organized around five categories of equitable family engagement strategies, offering summaries of research and examples of school practices.

Tools for Educators to Listen and Learn From Families During COVID-19 School Closures: https://crehub.org This tool includes sample emails, call scripts, and post-conversation reflection and action in both English and Spanish.

Responsive Circles for COVID-19: https://www.iirp.edu This practice uses familiar restorative questions tailored to the current moment to build knowledge about the experiences of the community.

Community-Care Strategies for Schools During the Coronavirus Crisis: https://www.wested.org/resources/ This brief offers guiding questions and specific strategies for building community and connectedness among staff, students, and families.

Key Concepts for Leveraging Chronic Absence During the Coronavirus Pandemic: https://www.attendanceworks.org/chronic-absence/addressing-chronic-absence/key-concepts-for-leveraging-chronic-absence-during-the-coronavirus-pandemic/ This framework and list of strategies supports connecting with students and families to reduce chronic absenteeism.

School Climate Improvement Resource Package: https://www.air.org/center/national-center-safe-supportive-learning-environments-ncssle

Addressing the Root Causes of Disparities in School Discipline: An Educator's Action Planning Guide: https://www.air.org/resource/addressing-root-causes-disparities-school-discipline-educator-s-action-planning-guide

Fostering Healthy Relationships and Promoting Positive Discipline in Schools: http://schottfoundation.org/resources/restorative-practices-toolkit

Building Developmental Relationships During the COVID-19 Crisis: https://www.search-institute.org This checklist outlines relationship-building strategies during the COVID-19 crisis.

5-Minute Chats With Individual Students: https://casel.org/wp-content/uploads/2020/06/5-Minute-Chats-with-Students.pdf This sample agenda and questions for one-on-one check-ins with students can build connections and help respond to needs.

Responsive Circles for COVID-19: https://www.iirp.edu/news/responsive-circles-for-covid-19 These circle prompts use familiar restorative questions that are tailored to the current moment.

Getting to Know You Survey: https://www.panoramaed.com This quick, online survey helps teachers and students learn about each other and build stronger classroom relationships.

Creating Opportunities Through Relationships:
https://www.virginia.edu/search/site/Creating%20Opportunities%20Through%20Relationships%20#?cludoquery=Creating%20Opportunities%20Through%20Relationships%20&cludopage=1&cludorefurl=https%3A%2F%2Fwww.virginia.edu%2F&cludorefpt=The%20University%20of%20Virginia These free online professional learning modules support educators in developing supportive relationships with students.

https://ggie.berkeley.edu/practice/overcoming-obstacles-to-an-open-heart/ Overcoming Obstacles to Relationship Building

https://positivepsychology.com/communication-in-relationships/ Active Constructive Communication Model

https://positivepsychology.com/build-trust/ How to Build Trust

https://www.helpguide.org/articles/relationships-communication/conflict-resolution-skills.htm Conflict Resolution Skills

https://www.mindtools.com/CommSkll/ActiveListening.htm Active Listening: Hear What People Are Really Saying

Responsible Decision Making

https://www.wisebread.com/10-ways-to-improve-your-decision-making-skills 10 Ways to Improve Your Decision-Making Skills.

https://www.skillsyouneed.com/ips/decision-making2.html Effective Decision Making – A Framework

https://positivepsychology.com/goal-setting-exercises/ Goal Setting Exercises, Tools, & Games

https://classroom.synonym.com/problemsolving-skills-adults-8262043.html Problem Solving Skills for Adults

Self-Awareness

Journaling Prompts for Self-Reflection and Self-Discovery https://psychcentral.com/blog/30-journaling-prompts-for-self-reflection-and-self-discovery/ Before we can understand others, we must understand ourselves. This resource provides 30 prompts to start children writing, or drawing and acting, as they learn more about themselves.

https://schoolguide.casel.org/resource/adult-sel-self-assessment/ Personal SEL Self-Assessment

https://ggie.berkeley.edu/practice/eating-a-raisin-with-mindfulness/ Mindfulness Meditation

https://positivepsychology.com/self-awareness-exercises-activities-test/ Trigger Worksheet

https://positivepsychology.com/self-awareness-exercises-activities-test/ Myers-Briggs Type Indicator (MBTI)

http://www.personaldevelopmentinsights.com/wp-content/uploads/2017/05/Personal_Development_Worksheet-Identifying-Values_CarmenWyld_PDI.pdf Identifying Values

https://eddinscounseling.com/grounding-techniques-self-soothing-emotional-regulation / Grounding Techniques & Self Soothing for Emotional Regulation

Self-Care

Creating Staff Shared Agreements: https://schoolguide.casel.org/resource/creating-shared-agreements/ This tool provides a process for co-developing agreements about how all staff will work together, communicate, and interact to achieve a shared vision.

Minute Chats With the Principal: https://casel.org/wp-content/uploads/2020/06/5-Minute-Chats-with-the-Principal.pdf This sample check-in agenda and questions can be used by school leaders when connecting individually with staff members.

Self-Care Strategies for Educators During the Coronavirus Crisis: https://www.wested.org/resources/self-care-strategies-for-educators-covid-19/ This brief offers practical guidance for educators who face the stresses of the pandemic, school building closures, online service provision, and quarantine conditions.

Self-Management

Coping Skills for Kids https://copingskillsforkids.com/calming-anxiety Resources for calming anxiety in children

https://ggie.berkeley.edu/practice/self-compassion-break-for-adults/ Self-Compassion Break

https://ggie.berkeley.edu/practice/brief-body-scan/ Brief Body Scan Mindfulness Activity for Stress Relief

https://positivepsychology.com/self-control-regulation-tools/ Increasing Self-Control Through Repeated Practice

https://positivepsychology.com/positive-self-talk/ Positive Self Talk Worksheet

https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques#1
Breathing Techniques for Stress Relief

https://positivepsychology.com/great-self-care-setting-healthy-boundaries/ How to Set
Healthy Boundaries: 10 Examples + PDF Worksheets

Social-Awareness

Establish Structures for Two-Way Communication: https://schoolguide.casel.org/focus-area-1a/communication-planning/ This webpage includes questions for planning communications
about SEL and a tool for identifying stakeholders and developing a communication strategy.

Critical Practices for Anti-Bias Education: Culturally Sensitive Communication:
https://www.tolerance.org/professional-development/critical-practices-for-antibias-education This selection from the publication *Critical Practices for Anti-Bias Education* includes
concrete strategies for culturally sensitive communication, inclusion, and connection-building
among families and engagement with community problems.

https://www.edutopia.org/blog/five-social-emotional-learning-lessons-for-adults-elena-aguilar Five Simple Lessons for Social and Emotional Learning for Adults

https://www.mindtools.com/pages/article/EmpathyatWork.htm Empathy at Work:
Developing Skills to Understand Other People

https://self-compassion.org/test-how-self-compassionate-you-are/ Self-Compassion Test

https://ggie.berkeley.edu/practice/understanding-justice/ Understanding Justice Exercises

https://positivepsychology.com/compassion-training/ 12 Exercises & Activities for Training
Compassion

https://ggie.berkeley.edu/practice/common-beliefs-survey-teaching-racially-and-ethnically-diverse-students/ Common Beliefs Survey

Student/Family/Community Engagement

Leading Through the Portal to Claim our Humanity: https://medium.com/national-equity-project/leading-through-the-portal-to-claim-our-humanity-bf33490ef76c This article
highlights how the current moment marks an opportunity to practice radical compassion,
confront inequities, re-order our priorities to focus on our collective well-being, and lead
human-centered, structural change.

Examining Transition Data With an Equity Lens: https://casel.org/wp-content/uploads/2020/06/Examining-Transition-Data-with-an-Equity-Lens.pdf This data
reflection protocol and key questions can be used as part of a data review routine, with an eye
toward how decisions impact equity and outcomes.

Why Am I Always Being Researched?: https://chicagobeyond.org/researchequity/ This guidebook was made to help shift the power dynamic between those doing the research and the communities who are the subjects of research to address unintended bias and restore communities as authors and owners.

School Climate Survey Compendium: https://safesupportivelearning.ed.gov/topic-research/school-climate-measurement/school-climate-survey-compendium This webpage gathers valid and reliable surveys, assessments, and scales of school climate to help educators identify and assess their conditions for learning.

ED School Climate Surveys: https://nces.ed.gov/surveys/edscls/questionnaires.asp These adaptable school climate surveys and web-based platform are free to download and administer and provide user-friendly reports in real-time; they also include a subscale on the experience of cultural responsiveness.

SEL Assessment Guide: https://measuringsel.casel.org) This interactive tool helps educators select and effectively use currently available assessments of students' SEL competencies.