



Podcast Episode Toolkit

What's a Podcast?

Podcasts are audio programs that people subscribe to on their smartphone and listen to whenever they like. More than one-third of the U.S. population listens to at least one podcast in the past month.

Who Should Contribute a Podcast Episode?

Do you have an engaging story about implementing SEL in your community? Or maybe you can report on research results highlighting the positive impact of SEL? Anyone who is passionate about SEL can contribute a podcast episode to help boost SEL awareness and understanding. With a compelling narrative, you can share your beliefs around SEL, engage existing supporters, and recruit new ones.

Where to Publish

If your organization already publishes a podcast, you are ready to spread the work about #SELday and showcase your favorite SEL research, data, activities and stories.

Otherwise, tap your network and find a partner organization that would be excited to feature your SEL insights on their podcast. This could include organizations focused on education, out-of-school time, mental health, community, or other relevant areas.

What to Cover

Most podcasts use an interview question and answer format with episodes typically running between 30 and 60 minutes. You can help your host by providing some questions you hope to cover. Here are some ideas:

- What is social emotional learning (SEL)?
- How do you work to advance SEL in your school, district, or community?
- Do you have an engaging story about implementing SEL in your community?
- What outcomes or research findings have you seen with implementing SEL?
- Is your organization hosting any events, programs, or activities for SEL Day?

Collaborate. Partner with other SEL champions or organizations to showcase how you are working to advance SEL.

#SELday

Speak to your audience. What do subscribers to this podcast already know about SEL? What do you want them to know? What resonates?

Additional Podcast Tips

When the episode is posted online, incorporate links to your social media channels:

- Always: use #SELday and #SELforSuccess
- Consider: @SEL4US, @UrbanAssembly, and @6SecondsEQ

Sample SEL Podcasts

For additional inspiration, check out these SEL-focused podcasts:

- [Grow Kinder](#)
- [Neuroscience Meets Social and Emotional Learning](#)

Earn an SEL Day Badge

See [Badges](#) page. Earn badges by completing activities that showcase, promote, advocate and support SEL in your local school, organization and community. Climb to the top of the leaderboard by contributing multiple activities to help people around the globe learn about how SEL improves young people's well-being and success in school, career and life. [Submit information](#) to earn your **Podcast Episode Badge**.