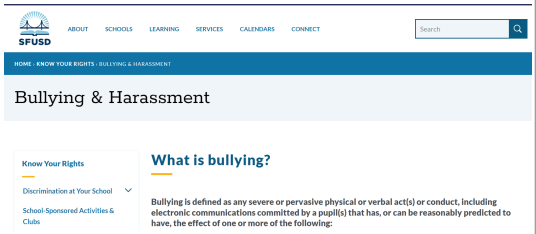
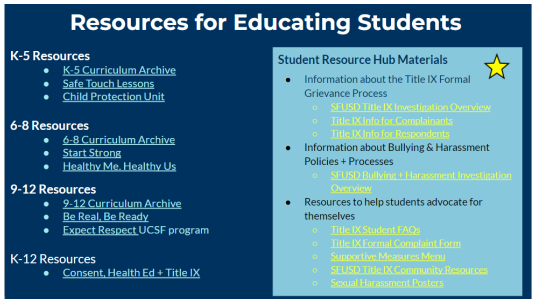
SEL Resources

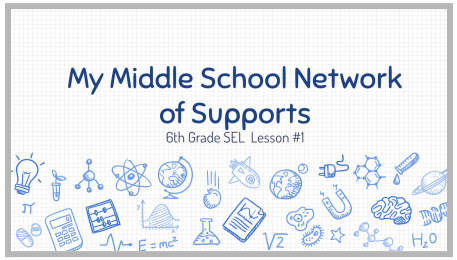
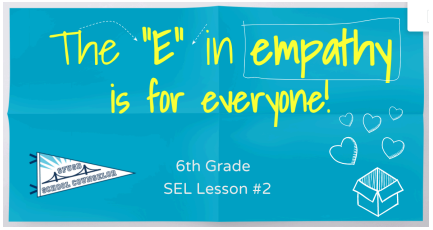
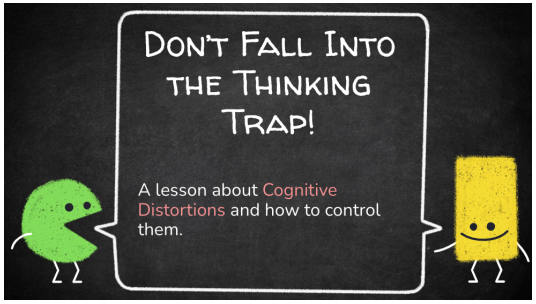
Student Family Services Division/Counseling

fGet quick access by clicking on the "Show Document Outline" button on the left!

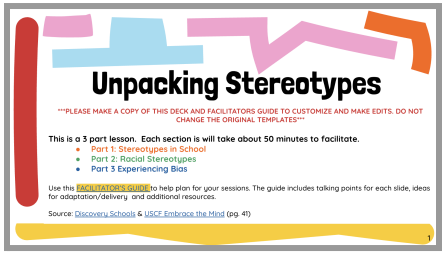
Student Lessons & Resources

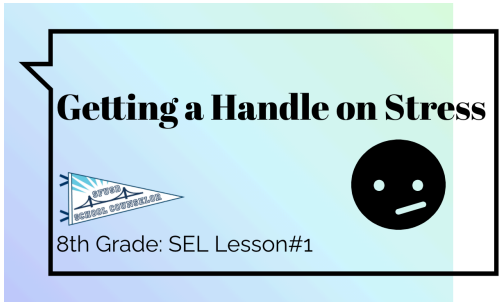
Resource	Type	Grade Level	Description
SFUSD SCHOOL COUNSELOR	Lessons, Activities, Strategies & Tools	MS & HS	**Full SFUSD Counseling Library:** • Middle School SEL Lessons • High School SEL Lessons • Additional Lessons, Activities & Tools • Antiracist Resources Landing Page • New! Hot Topics Landing Page
HEALTH EDUCATION			Secondary SEL and Health Education Resource Guide **Middle/High School Social & Emotional Learning (SEL) & Health Education 2021-22 Resource Guide**
	Lessons & resources	All Levels	**Bullying & Cyberbullying** Reference Title IX training slide deck that you attended. On the last slide is resources. Here are a few from that slide that you can utilize: • Bullying & Harassment SFUSD Website • Bullying & Harassment • The main page of the site has great resources to pull for a presentation and this way everything is vetted by legal and Title IX office. There's also info for parents. • Link to CDE Statewide Bullying Resources • Link to Cyberbullying resources: https://www.sfusd.edu/know-your-rights/cyberbullying At this link if you

			scroll down, there are lessons by grade levels which also comes from Common Sense Media. Updated List of Resources
	Resources for Educating Students	K12	Title IX + Bullying & Harassment Resources (2024)
SFUSD	Lessons	6-12	**Additional Resources Shared by Departments & Sites on Boundaries/Sexual Harassment/Related Topics (Shared to address the "Diddy" patterns arising)** ➔ Everett MS English and Spanish- PLEASE MAKE A COPY. Contact Counselor Christopher Herrera for questions. ➔ SFUSD Sexual Harassment Program Overview with Resources ➔ MLK PD for Staff
	Website Resource	K-12	**Edutopia: Social & Emotional Learning (SEL)** Find resources to help students manage their emotions, resolve conflicts, and make responsible decisions—creating the healthiest school culture possible. https://www.edutopia.org/social-emotional-learning
	Activities & Strategie	K12	**SEL Check-In's View Folder Here**

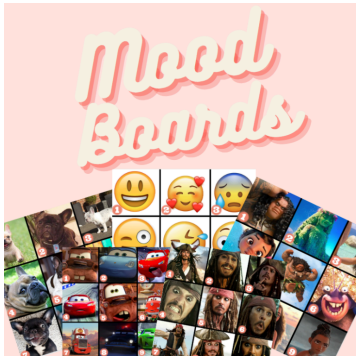
 My MS Supports	Lesson	MS	The transition from elementary school to middle school is a big, important and sometimes scary step on the road to maturity. Typically, this transition means a new school, new people and a new daily routine. It can also mean higher academic expectations and less day-to-day guidance from teachers. Students are faced with new challenges and there is a higher expectation for students to navigate support at school. This lesson will highlight differences of middle school (compared to elementary) and explore support at school (who can help in different situations). Essential 6th Grade Lesson
 The “E” in Empathy is for Everyone	Lesson	MS	In this lesson, students will define and understand empathy. This activity will encourage students to identify and explore a wide range of emotions and practice connecting and understanding the emotions of others even when their experiences and circumstances are different than theirs. Students will have a chance to explore and practice 5 specific ways to show empathy. Essential 6th Grade Lesson
 Thinking Traps: Cognitive Distortions	Lesson	MS/HS	In this lesson, students will identify common thinking traps and stop them before getting stuck. Learn how to get unstuck from negative thoughts by developing more positive thoughts.

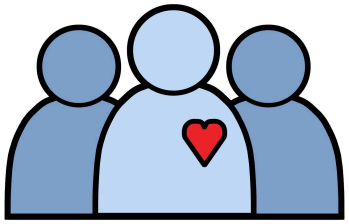
 Anxiety Group	GROUP	MS/HS	**Tackling Anxiety with a Kind and Conscious Mind** is a 5 session small group curriculum. Sessions are focused on bringing awareness to the signs, symptoms and causes of anxiety and depression AND applying strategies centered around metacognition (thinking about our thinking). The goal of this group is to help students both recognize and interrupt negative thought patterns (referenced in these sessions as thinking errors/cognitive distortions).
 Motivational Interview 1:1 Tools MI Guide : Start Here	1:1	MS/HS	*THIS GUIDE was created by synthesizing many existing materials (see appendix) for motivational interviewing and has been adapted for school counselors. It is recommended that counselors first review this guide as a refresher for MI foundational concepts. Planning tools and resources are also included.* • Counselors can use either MI slides or Session Guide (or both) which are created to help counselors move through sessions with their students. • The MI slides will need to be adapted and tailored to the needs of the student . • Supplemental materials including worksheets and activities are also included in this set of materials. • Counselors may choose to keep either a physical or electronic file for students who are engaged in MI sessions. Exercise flexibility in the ways you use materials - MI can appropriately be paired with other interventions.
	Lessons	MS/HS	In this lesson, students will become familiarized with 5 dimensions of Wellness and connect meaning through their own personal experiences. In small groups, students will develop their own definitions for their assigned health dimension. Students will also reflect on their current level of wellness as it relates to the different dimensions presented and analyze factors impacting their dimensions of health.

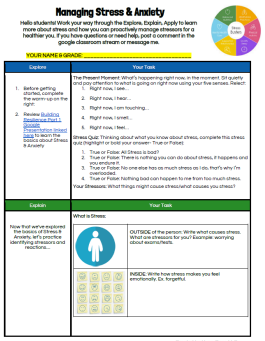
 Unpacking Stereotypes	Lessons	MS/HS	Unpacking Stereotypes is a 3 part lesson (adapted from Discovery Schools & USCF Embrace the Mind) designed to help students to examine stereotypes (groups at school, racial groups and their own personal experiences with bias). The lesson encourages students to look not only at the ways in which stereotypes are perpetuated but also to consider the role of individuals and groups.
 Growth Mindset	Lesson	MS	This lesson will explore the idea of how intelligence and skills are cultivated by applying a growth mindset to our efforts. By understanding that persistence is key in our efforts, students will feel empowered to be drivers of their own learning. Supplemental 6th Grade Lesson
 Communication Basics	Lesson	MS	Communication is what we do to give and get understanding; it is the process of sending and receiving messages. Successful communication occurs when we use active listening skills. Communication can be verbal, using oral language/speech to convey a message, or nonverbal, including facial expressions, body language, text or written based language. In this lesson, students will learn about basic communication skills including developing an awareness of verbal and non-verbal cues. Students will practice active learning skills with a partner. Essential 7th Grade Lesson

 Peer Pressure & Resistance Skills	Lesson	MS	Peer pressure is the powerful feeling of pressure from someone of your own age that can push someone into making certain choices, good or bad. In this lesson, students will explore the different forms of peer pressure, both spoken and unspoken that can lead to risky, or personally unwanted behavior. Students will learn to recognize different forms of peer pressure. Finally, students will learn and practice effective resisting skills - ways to assertively say, "No." Essential 7th Grade Lesson
 Stress Management	Lesson	MS	In this lesson, students will define stress and understand their body's response to stress. Students will think about their own personal stressors along with physical and emotional effects then explore a variety of healthy coping strategies to tackle stress. Essential 8th Grade Lesson
 ABC's of Mindfulness	Lesson	MS	In this lesson, students will learn about what mindfulness is (and is not), explore the benefits of mindfulness, and gain strategies for practical application. The lesson is structured according to the ABC's of mindfulness which are 1) Awareness, 2) Breath and 3) Compassion. Essential 8th Grade Lesson

 Making Connections & Practicing Empathy	Lesson	HS	Making Connections & Practicing Empathy... • Get to know your new community • Understand empathy & practice ways to be more understanding • Reflect on the effects of empathetic listening Essential 9th Grade Lesson
 Building A Bullying Free Community!	Lesson	HS	Building A Bullying Free Community! • Embracing diversity • Feeling safe at school • Celebrating diversity to reduce bullying Essential 10th Grade Lesson
 Managing Stress & Anxiety	Lesson	HS	Managing Stress & Anxiety... • What is stress? • Coping mechanisms, mindfulness & self-care • Prioritize responsibilities with a realistic timeline for completion Essential 11th Grade Lesson

 Digital Mood Boards	Tool	ES/MS/ HS	Use these digital mood boards for SEL check-ins with your students!
 Mental Health Awareness Toolkit	Tool	ES/MS/ HS	This Mental Health Awareness Toolkit was designed to provide school staff with ideas for bolstering mental health awareness at the school site. The inspiration for this toolkit was taken from Mission High School and their Care Bear Week which took place during the peak of the Covid 19 pandemic when students were in distance learning and has continued on since returning to in-person learning. This toolkit is geared towards the middle school and high school levels. Resources include: 1. Bulletin: interactive bulletin with resources, statistics, and facts 2. Surveys: adaptable, gauge perceptions 3. Curriculum: Lessons/Mini-Lessons & Workshops 4. Activities: Planning Guide, Lunchtime Tabling, Community Building, Daily Challenges 5. Additional Resources: Videos, Articles, Podcasts

 DBT Resources Tools	Tools/ Activities		Dialectical behavior therapy (DBT) skills have been demonstrated to be effective in helping adolescents manage difficult emotional situations, cope with stress, and make better decisions. In this folder you will find a collection of tools including DBT workbooks, cheat sheets, trackers, coping skills cards and DBT based small group curriculum.
CASC SEL Virtual Lessons	Lesson	HS	Contains virtual SEL lessons for 9-12th graders, including: • Bully Prevention/Active Bystander • Conflict Resolution • Coping Skills • Grief/Loss • Healthy Relationships
Embrace the Mind UCSF Curriculum	Lesson	ES/MS/ HS	The Embrace the Mind Mental Wellness curriculum is one of many school-wide strategies at ICEF to educate students on mental health, to reduce stigma associated with mental illness, and to equip students, teachers, and families with the necessary tools to build mental wellness on the road to academic achievement, successful emotional regulation, and healthy social-emotional development. Lessons are broken down by elementary, middle, and high school levels.

 Adapted for Virtual Lesson: HS Managing Stress & Anxiety	Activity	HS	View use of virtual lesson is HS Google Classroom: https://classroom.google.com/c/NjkxMjM5ODMyNTRa?cjc=bcail77
 How Mindful Am I	Opening Activity/ Brain Break	MS/HS	Using the present moment tools on the next slide will help you to hone a consistent mindfulness practice that will in time lead to a more aware, compassionate & fulfilling way of life.
 Self-Care & Building Resilience	Opening Activity/ Brain Break	HS	We effectively manage our energy in different areas of life, we prevent burnout and subsequently become more resilient. Four sources of energy to explore in this exercise are 1) Physical, 2) Emotional, 3) Mental, and 4) Spiritual.
 SEL Essential Lesson	Activity/ Lesson	HS	Students will: • Take a mindfulness pause • Review the basics of stress & anxiety • Identify current stressors related to the pandemic, returning to school, and general. • Use information and self-assessment to recognize personal causes and effects of stress & develop self-care plan ***Great for Seniors Preparing for Transition**

SEL Resources

Student Family Services Division/Counseling

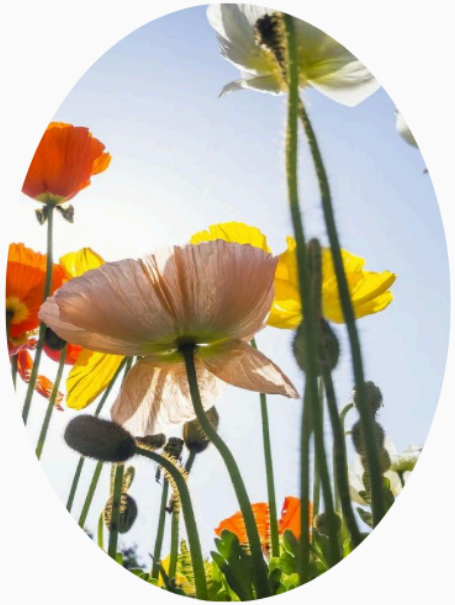
[Additional CASC SEL Lessons & Activities]	Lesson/ Activity/ Resource	ES/MS/ HS	Contains SEL lessons/activities for all grades, including: • CASC Mental Health Toolkit Virtual Lesson: Personal Plan for Self Care • CASC Mental Health Toolkit Virtual Lesson: Breaking the Stigma • Everfi Free Digital SEL & Digital Literacy Lessons • Brain Pop Health & SEL • Free Social Emotional Learning Activities • Free Worksheet Activities for SEL • ...And more Also contains school counselor resources and parent resources as well.
[CASC SEL Elementary Resources]	Resource	ES	Contains SEL resources for elementary school including SEL tools for home, pictures books that support SEL, and mindfulness resources.
[CASC SEL/MTSS Resources (Tiered Services)]	Lesson/Activity/Resource	ES/MS/ HS	MTSS Resources for Supporting Mental Health: Broken down by tiered supports and provides overview of MTSS counseling.
 [CASC Addressing staff & Student Mental Health for School Re-Entry for more considerations]	Resource	ES/MS/ HS	The guide is organized to lead decision-making in designing school-wide systems of support for staff and students. It is organized with a three-phase re-entry process. Each phase includes ideas to consider, with supporting details and links to resources. These resources include examples of “Welcome to School” videos, PowerPoint training presentations, grade-level lessons, social media student nudging messages, etc. All attached documents within this resource may be edited and used freely.

 https://respectfulways.com/?CID=mvbrief_casc			**Your Trauma-Informed SEL Curriculum** Promoted by Respectful Ways Respectful Ways is easy to use, offering counselors everything they need to reach their students, whether school-wide Tier 1 or one-on-one Tier 3. We've been vetted & approved as trauma-informed and fulfill state, national & CASEL standards. We integrate with instructional frameworks such as PBIS and MTSS and our customized workshops give staff the tools they need to flourish. Learn More
common sense education			**Digital Citizenship Common Sense Media:** https://www.commonsense.org/education/digital-citizenship • Norms for Online Learning • Digital Citizenship (Grades 3-5) • Digital Citizenship (Grades 6-8) • Digital Citizenship (Grades 9-12)
More Mindfulness Strategies/Engagement/ Community Builders	Activities / Resource		More Ideas to Use in Your Practice Short and Sweet Mindfulness Grounding Exercises FULL MINDFULNESS FOLDER! Check it out! **Just Sit** Sit up straight, but not stiffly, in a chair with your feet flat on the ground. Place your hands in a balanced position and close your eyes. Focus on your breathing, as you follow each breath in and out. After 1 minute (or longer), gradually open your eyes and resume activities.

<table>
<tr><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td><u>Group Stretch</u>
1. Stand up (if you're comfortable with), hands to side. Take deep breath in, hold for 4, exhale
2. Raise arms to sky, hold wrist of left hand, breath in and bend to right for a stretch and hold of 4, exhale as you return to straight
3. Switch- hold wrist of right hand, breath in and bend to left for a stretch and hold of 4, exhale as you return to straight
4. Return hands to center straight up, big belly breath in, hold for 4 and exhale
5. Lasty, embrace yourself in hug, squeeze and breath in, hold for 4 and exhale as you send love to yourself and slowly return to room when you feel more centered.</td></tr>
<tr><td></td><td></td><td>The Present Moment....

What's happening right now, in the moment. Sit quietly and pay attention to what is going on right now using your five senses. Reflect:

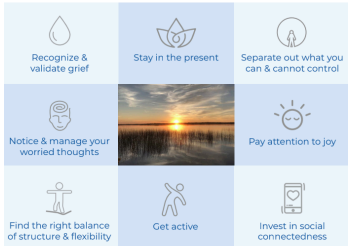
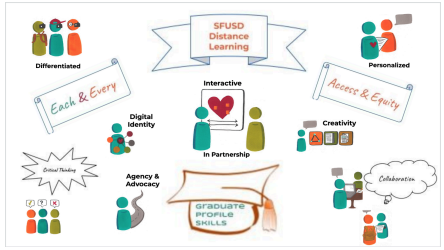
Right now, I see...
Right now, I hear...
Right now, I am touching...
Right now, I smell...
Right now, I feel...

</td></tr>
<tr><td>Edutopia Strategies (Great to share with teachers)</td><td></td><td></td><td>• Edutopia: Social & Emotional Learning (SEL)
• Fostering Belonging
• Student Check-in's</td></tr>
</table>

			• Snowball Toss • Pom-Pom Jar • Fostering home-to-school partnership • Yays, Nah's, & Hip Hip Hoorays! View Exercise & Article Here • Appreciation, Apology, Aha! View Exercise Here
"A short, positive interaction with a student at the start of the school year can pay off all year long."			• The Power of a 45-Second Investment in Relationship Building • The First 5 Days: The Key to Success • Creating a Sense of Community in High School From Day 1 • Ice Breakers & 10 Powerful Community-Building Ideas • Using 4 Dimensions of Community-Building to Support New High School Students • Building Community Before the First Day of Middle School and Beyond
			• Promising Practices for Counseling Department
			The Practice Space Storytelling Guide Includes self-advocacy template for students: https://www.practice-space.org/storytelling_guide/resource-10-self-advocacy-story/

SEL Resources

Staff Resources

Resource	Type	Grade Level	Description
 [Self-Care Guide for Student Support Professionals]	Resource	-	Self care guide for student support professionals including the following topics: • Recognize and validate grief • Stay in the present • Separate out what you can and cannot control • Notice and manage your worried thoughts • Pay attention to joy • Find the right balance of structure and flexibility • Get active • Invest in social connectedness
 [Wellness, Health, and Safety First—For EVERYONE]	Resource	-	Skip to page 6 to access the "Wellness, Health, and Safety First - For EVERYONE". The section includes a list of strategies when working with community members you support, tips for wellness check in when connecting directly with students, and tips for wellness checks with families
 [Employee Assistance Program]	Resource	-	The EAP is free for all District employees and provides the following resources: • Confidential counseling for grief, stress, anxiety, job and financial pressures, depression, substance abuse and child care. • Financial information and resources for getting out of debt, credit card/loan problems, tax questions, retirement and estate planning. • Legal support for divorce and family law, debt/bankruptcy and more

 SFUSD Ergonomics	Resource	-	Contains ergonomic resources for telecommuting, conducting a self ergonomic review, and submitting an ergonomic evaluation request to the district.