

# **Social & Emotional**

# **Learning:**

# **A Curriculum**

# **Comparison Guide**

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# Social & Emotional Learning Curriculum Comparison Guide

**Introduction:** This guide has been developed to provide the reader an efficient means for understanding Social and Emotional Learning (SEL) programs and curricula. After a review of the field, it is clear that there are hundreds SEL programs available for purchase around the country. In addition, CASEL (the Collaborative for Academic, Social, and Emotional Learning) has published a free guide to help review these tools (<https://casel.org/preschool-and-elementary-edition-casel-guide/>) as well as a secondary guide (<http://secondaryguide.casel.org/casel-secondary-guide.pdf>). These both provide a thorough overview of programs, evidence of effectiveness, as many other tools. However, they can be overwhelming and time-consuming to read. This document is a more abbreviated guide designed as an easy-to-use reference tool.

It is important to clearly understand what social and emotional learning is before starting this review process. CASEL states that *“social and emotional learning (SEL) involves the processes through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Effective SEL programming begins in preschool and continues through high school.”*

As you review programs, keep in mind some criteria for review:

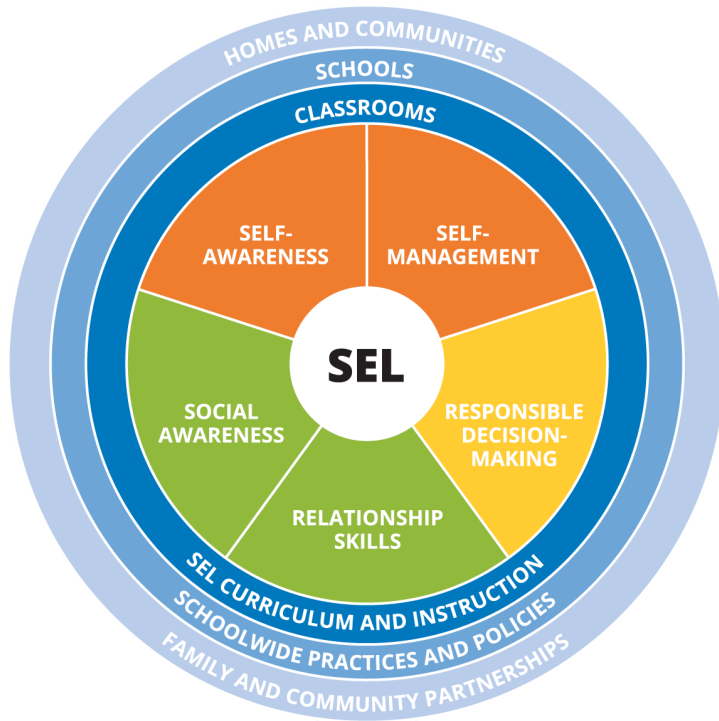
- **Design:** Are programs clearly designed to promote student competence, provide practice opportunity, and offer lessons that can last throughout the year?
- **Implementation Supports:** Are clear supports for implementation offered or do lessons come in a stand alone format? Is training and technical support offered?
- **Evidence-based:** Do programs have a sound base of research that went into the design? Is it clear that the company used research as a means for program development?
- **Skill focus:** Is this a program that offers the skills and competences that will fit the students in your school or district?

These areas may help you better understand how to review each curriculum and what to look for. In each review, the following areas were noted: **grade level, price, format, research, and implementation supports**. In some cases, where available, a link to the **CASEL summary** of the program is provided as well.

# The 5 Core SEL Competencies

CASEL has defined the 5 core SEL competencies as follows:

- **Self-awareness:** the ability to accurately recognize one's emotions and thoughts and their influence on behavior. this includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.



- **Self-management:** the ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. this includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

- **Social awareness:** the ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

- **Relationship skills:** the ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. this includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

- **Responsible decision making:** the ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

# Social & Emotional Learning:

## List of Curriculum Review

CASEL Guide - Preschool, Elementary, Secondary

	Program	Website	Grades	Price
1	<a href="#">Zones of Regulation</a>	<a href="http://www.zonesofregulation.com/index.html">http://www.zonesofregulation.com/index.html</a>	K-12	\$50 per book Ethan will explore 1-5
2	<a href="#">Mind Up Curriculum</a>	<a href="https://mindup.org/">https://mindup.org/</a>	PreK - 8th	\$19 per book (one book for 3 grade levels)
3	<a href="#">Open Circle</a>	<a href="https://www.open-circle.org/">https://www.open-circle.org/</a>	K-5	\$800 per kit (comes with 3 days of training)
4	<a href="#">Positive Action - Elementary</a>	<a href="https://www.positiveaction.net/">https://www.positiveaction.net/</a>	K-5	\$400 per classroom kit
5	<a href="#">Positive Action - Secondary</a>	<a href="https://www.positiveaction.net/">https://www.positiveaction.net/</a>	6-8	\$2,500 per schoolwide license
6	<a href="#">Caring School Community</a>	<a href="https://www.collaborativeclassroom.org/programs/caring-school-community/">https://www.collaborativeclassroom.org/programs/caring-school-community/</a>	K- 6	\$150 per classroom kit Gail will explore 6, 10-12
7	<b>4 R's (Reading, Writing, Respect &amp; Resolution)</b>	<a href="http://www.morningsidecenter.org/4rs-program">http://www.morningsidecenter.org/4rs-program</a>	K-12	\$300 per kit (plus training expenses)
8	<b>The C Squad</b>	<a href="http://www.morningsidecenter.org/c-squad">http://www.morningsidecenter.org/c-squad</a>	6-8	\$100 per kit (plus training expenses)
9	<b>Building Belonging</b>	<a href="http://www.morningsidecenter.org/building-belonging">http://www.morningsidecenter.org/building-belonging</a>	6-12	\$225 per kit (plus training expenses)
10	<a href="#">Everyday SEL</a>	<a href="https://www.amazon.com/Everyday-SEL-Elementary-School-Social-Emotional/dp/1138903159">https://www.amazon.com/Everyday-SEL-Elementary-School-Social-Emotional/dp/1138903159</a>	K-12	\$25 per book
11	<a href="#">Second Step - Elementary</a>	<a href="http://www.secondstep.org/elementary-school-curriculum">http://www.secondstep.org/elementary-school-curriculum</a>	PreK - 5	\$400 per classroom Kit
12	<a href="#">Second Step - Middle School</a>	<a href="http://www.secondstep.org/middle-school-curriculum">http://www.secondstep.org/middle-school-curriculum</a>	6-8	\$400 per classroom Kit

13	<a href="#"><u>Lions Quest</u></a>	<a href="https://www.lions-quest.org/">https://www.lions-quest.org/</a>	PreK- 12	\$120-150 Classroom Set
14	<a href="#"><u>Facing History and Ourselves</u></a>	<a href="https://www.facinghistory.org/">https://www.facinghistory.org/</a>	7-12	Depends on Implementation
15	<a href="#"><u>The Leader in Me</u></a>	<a href="https://www.franklincovey.com/Solutions/education/TLIM.html">https://www.franklincovey.com/Solutions/education/TLIM.html</a>	PreK- 12	Pro: Comprehensive, culture building, explicit SEL instruction, focuses on adult habits as well as students (professional staff and families), particularly effective if implemented at every level Con: Expensive to fully commit, requires a champion to sustain implementation, may not be as effective if not used at every level
16	<b>Conscious Discipline</b>	<a href="https://consciousdiscipline.com/">https://consciousdiscipline.com/</a>		Rida will explore 13, 14, 16, 20
20	<b>Trails to Wellness</b>	<a href="https://trailstowellness.org/">https://trailstowellness.org/</a>	6-12	Free with training Rida will explore
21	<b>Positivity Project</b>	<a href="https://posproject.org/">https://posproject.org/</a>		Jamie will explore 21-24
22	<b>Reading with Relevance</b>	<a href="https://openupresources.org/reading-with-relevance/">https://openupresources.org/reading-with-relevance/</a>	K-5	
23	<b>Reading Apprenticeship</b>	<a href="https://www.wested.org/project/reading-apprenticeship/">https://www.wested.org/project/reading-apprenticeship/</a>	6-12	
24	<b>RULER</b>	<a href="http://ei.yale.edu/ruler/ruler-overview/">http://ei.yale.edu/ruler/ruler-overview/</a>	K-12	

# 1. Zones of Regulation

<b>Designed for Grades</b>	Kindergarten - 12th Grade
<b>Website</b>	<a href="http://www.zonesofregulation.com">http://www.zonesofregulation.com</a>
<b>Format</b>	Paperback book
<b>Price</b>	\$50.00 (1 book per classroom) Posters and other resources sold separately.
<b>Research</b>	The Zones website has a page devoted to research. Three studies and one literature review can be found there. <a href="http://www.zonesofregulation.com/research.html">http://www.zonesofregulation.com/research.html</a>
<b>Description</b>	The Zones is a systematic, cognitive behavioral approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete colored zones. The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts. The curriculum seems very easy to use. It appears that this is a great tool to use for students with Autism Spectrum Disorders. Much of the research appears to be directed toward elementary students. However, it appears as though the curriculum can be easily modified for older grades as well.
<b>Implementation Supports</b>	Webinars and on-site trainings are readily available. In addition, there are a variety of pre-created resources and websites that have tools for use by teachers.

## 2. Mindup

<b>Designed for Grades</b>	PreK - 8th grade
<b>Website</b>	<a href="https://mindup.org/">https://mindup.org/</a>
<b>Format</b>	3 Books (K-2nd, 3rd - 5th, 6th - 8th)
<b>Price</b>	\$19 per book. Each classroom would need a book.
<b>Research</b>	<i>MindUp</i> has been evaluated in a small (n=146) quasi-experimental study. Students were followed within the course of a single year. The MindUP website has a page devoted to research. There are six articles available for review. <a href="https://mindup.org/mindup-is-effective/">https://mindup.org/mindup-is-effective/</a>
<b>Description</b>	There is a MindUP for schools, for Teachers, and for Homes. The program for schools offers 15 lessons in mindfulness for students. The structure appears to be simple and the lessons seem to be easy to use.
<b>Notes</b>	The MindUP program is centered on teaching mindfulness. Though there are 15 lessons, each lesson makes conscious connection to language arts and to social and emotional learning.
<b>CASEL summary</b>	<a href="https://casel.org/guideprograms/mindup/">https://casel.org/guideprograms/mindup/</a>
<b>Implementation Supports</b>	The company does not list implementation or training supports.

### 3. Open Circle

<b>Designed for Grades</b>	Kindergarten - 8th
<b>Website</b>	<a href="https://www.open-circle.org/">https://www.open-circle.org/</a>
<b>Format</b>	Classroom Kit. Each classroom kit comes with: 2015 edition <i>Open Circle Curriculum</i> , Laminated skill mini-posters, Open Circle bookmarks (set of 25), Open Circle stickers (set of 48), Problem-solving card, Chime (for meditation), Digital timer, and Tote bag.
<b>Price</b>	\$800 per classroom kit
<b>Research</b>	<i>Open Circle</i> has been evaluated in a small (n=152) quasi-experimental study. Students were followed within the course of a single year. The Open Circle website shows two (2) research studies that show the curriculum to be effective. <a href="http://www.open-circle.org/images/pdf/OC_ResearchFindings.pdf">http://www.open-circle.org/images/pdf/OC_ResearchFindings.pdf</a>
<b>Description</b>	Open Circle is an evidence-based social and emotional learning (SEL) program for Kindergarten through Grade 5. Our whole-school approach includes training for all adults in your school community – teachers, administrators, counselors, support staff and families – to learn how to model and reinforce prosocial skills throughout the school day and at home.
<b>CASEL Summary</b>	<a href="https://casel.org/guideprogramsopen-circle/">https://casel.org/guideprogramsopen-circle/</a>
<b>Implementation Supports</b>	The Open Circle website states that the company “specializes in designing and delivering engaging and interactive professional development that combines theory, research and the practical experience of educators.”



## 4. Positive Action - Elementary

<b>Designed for Grades</b>	PreK - 5th Grade
<b>Website</b>	<a href="https://www.positiveaction.net/">https://www.positiveaction.net/</a>
<b>Price</b>	\$400 per classroom kit
<b>Research</b>	<i>Positive Action</i> has been evaluated in multiple, large (e.g., n=1,714) randomized control trials and quasi-experimental trials (two RCTs, two quasi-experimental). Evaluations have followed students for up to a three-year period. The Positive Action website has an extensive amount of research listed. They list 16+ years of research studies that have been conducted showing outcomes anywhere from character education, to school health. <a href="https://www.positiveaction.net/research-articles">https://www.positiveaction.net/research-articles</a>
<b>Description</b>	The Positive Action program features scripted lessons that are easy to prepare and teach. All of the materials called for in each lesson are included in a Kit. These materials include posters, games, worksheets and puzzles. There is a kit for each grade level. A lesson takes approximately 15 minutes to complete. There are approximately 140 lessons per Kit with materials for 30 students. Training is not necessary but is recommended for larger implementations.
<b>Notes</b>	Positive Action is a company that appears to be committed to providing a clear and comprehensive training materials. They have consultants that work closely with their partner schools and provide the necessary training and support in order for teachers to be successful. They also feel strongly about ensuring their materials are grounded in research and have demonstrable outcomes.
<b>CASEL Summary</b>	<a href="https://casel.org/guideprogramspositive-action/">https://casel.org/guideprogramspositive-action/</a>
<b>Implementation Supports</b>	The company offers professional development for partner schools who are going to use the program. There are also supplementary kits in Drug Prevention, Bully Prevention, Family Support, Conflict Resolution, School Climate (Elementary and Secondary) and Counselors Kits. Video with school using program: <a href="https://www.youtube.com/watch?v=NJj2Nlp3J2w&amp;feature=youtu.be">https://www.youtube.com/watch?v=NJj2Nlp3J2w&amp;feature=youtu.be</a>

## 5. Positive Action – Secondary

<b>Designed for Grades</b>	6 - 12th Grade
<b>Website</b>	<a href="https://www.positiveaction.net/">https://www.positiveaction.net/</a>
<b>Price</b>	\$400 per classroom kit
<b>Research</b>	<i>Positive Action</i> has been evaluated in multiple, large (e.g., n=1,714) randomized control trials and quasi-experimental trials (two RCTs, two quasi-experimental). Evaluations have followed students for up to a three-year period. The Positive Action website has an extensive amount of research listed. They list 16+ years of research studies that have been conducted showing outcomes anywhere from character education, to school health. <a href="https://www.positiveaction.net/research-articles">https://www.positiveaction.net/research-articles</a>
<b>Description</b>	<p><b>Middle School (grades 6-8):</b> Three kits are available. Grade 6 focuses on ways to feel good about yourself and your choices. Grade 7 focuses on self-concept. All kits have posters, journals, and learning materials. Grade eight focuses on self-awareness through the text “We’re on our way.”</p> <p><b>High School (grades 9-12):</b> Four kits are available for high school grades 9 through 12 that are interchangeable. Each kit is unique in its purpose and contains 132 scripted, 15- to 20-minute minute lessons, plus activity sheets, games, manipulatives, posters, 30 student texts and journals. Training is not necessary but is recommended for larger implementations.</p>
<b>Notes</b>	Positive Action is a company that appears to be committed to providing a clear and comprehensive training materials. They have consultants that work closely with their partner schools and provide the necessary training and support in order for teachers to be successful. They also feel strongly about ensuring their materials are grounded in research and have demonstrable outcomes.
<b>CASEL Summary</b>	<a href="https://casel.org/guideprogramspositive-action/">https://casel.org/guideprogramspositive-action/</a>
<b>Implementation Supports</b>	The company offers professional development for partner schools who are going to use the program. There are also supplementary kits in Drug Prevention, Bully Prevention, Family Support, Conflict Resolution, School Climate (Elementary and Secondary) and Counselors Kits.

## 6. Caring School Community

<b>Recommendation</b>	Seems very promising as an instructional resource that could address the needs of a wide variety of districts Pros: Provide opportunities for classrooms, whole school community, and families to learn SEL skills and competencies, lower cost than some others, integration with content at MS, seems manageable, assessments provided
<b>Designed for Grades</b>	Kindergarten - 8th
<b>Website</b>	<a href="https://www.collaborativeclassroom.org/programs/caring-school-community/">https://www.collaborativeclassroom.org/programs/caring-school-community/</a>
<b>Price</b>	\$150 per classroom kit
<b>Research</b>	<i>Caring School Community</i> has been evaluated in multiple studies (three randomized control trials, two quasi-experimental studies). The largest sample included 40 schools. Students have been followed over a five-year period.
<b>Description</b>	<i>Explicit Instruction/Integration With Academic Areas/Instructional Strategies</i> Caring School Community, a program designed for use in kindergarten through eighth grade, is organized around four core educational practices: Class Meetings (30-35 per grade), Cross-Age Buddies, Homeside Activities, and Schoolwide Community-Building Activities. Class Meetings present a schedule of lessons and activities to be implemented throughout the school year. Forty Cross-Age Buddies activities promote bonding between pairs of older and younger students while at the same time supporting exploration of a wide range of academic subjects. Schoolwide Community-Building Activities are implemented throughout the school year to build relationships, share knowledge, and promote pride in the school environment. Initial training for the Caring School Community program typically lasts half a day to two full days and is not required. Caring School Community offers a train-the-trainer system to support sustainability. Re-imagined discipline; 30 weeks of 30 minute lessons Middle school lessons provide advisory lessons and integration SEL across subject areas Tools for monitoring implementation - yes Tools for measuring student behavior - yes

<b>Notes</b>	Caring School Community has been evaluated in multiple studies (three randomized control trials, two quasi-experimental studies). The largest sample included 40 schools. Students have been followed over a five-year period.
<b>CASEL Summary</b>	<a href="https://casel.org/guideprogramscaring-school-community/">https://casel.org/guideprogramscaring-school-community/</a>
<b>Implementation Supports</b>	The company offers professional development for partner schools who are going to use the program. Principals Package available.

## 7. The 4 R's

### (Reading, Writing, Respect & Resolution)

<b>Designed for Grades</b>	Kindergarten - 12th grade
<b>Website</b>	<a href="http://www.morningsidecenter.org/c-squad">http://www.morningsidecenter.org/c-squad</a>
<b>Price</b>	<b>This programs is available for purchase only with a training and coaching component provided by a Morningside Center staff developer.</b> The cost of the program includes our daily rate (\$2,000/day/trainer), the cost of the curriculum kits (\$300), round trip travel, ground transportation, lodging and per diem. They have developed a budget for a district to scale up over three years that could be of interest.
<b>Research</b>	<i>4Rs</i> has been evaluated in a large (n=1,184) randomized control trial that followed students over a three-year period.
<b>Description</b>	The <i>4Rs</i> program ( <i>Reading, Writing, Respect, and Resolution</i> ) provides read-alouds, book talks, and sequential, interactive skills lessons to develop social and emotional skills related to understanding and managing feelings, listening and developing empathy, being assertive, resolving conflict creatively and nonviolently, honoring diversity, and standing up to teasing and bullying. <i>4Rs</i> is a grade-specific program available for students in prekindergarten through eighth grade. Divided into seven units, each grade has approximately 35 lessons — one a week throughout the year. Units also include extension activities, infusion ideas, recommendations of other books, and <i>4Rs</i> Activity Sheets to reinforce students' understanding. <i>Peer Mediation</i> and <i>Peace Helper</i> programs are also

	available to support classroom- and school-wide programming. All 4Rs stories incorporate a variety of cultures, ethnicities, and backgrounds.
<b>CASEL Summary</b>	<a href="https://casel.org/guideprograms4rs-reading-writing-respect-and-resolution/">https://casel.org/guideprograms4rs-reading-writing-respect-and-resolution/</a>
<b>Implementation Supports</b>	Training is required for purchase by development company

## 8. The C Squad

<b>Designed for Grades</b>	Grades 6th - 8th
<b>Website</b>	<a href="http://www.morningsidecenter.org/c-squad">http://www.morningsidecenter.org/c-squad</a>
<b>Price</b>	<b>This programs is available for purchase only with a training and coaching component provided by a Morningside Center staff developer.</b> The cost of the program includes our daily rate (\$2,000/day/trainer), the cost of the curriculum kits (\$100), round trip travel, ground transportation, lodging and per diem. They have developed a budget for a district to scale up over three years that could be of interest.
<b>Research</b>	The company website shares a research student that demonstrates program effectiveness. <a href="http://www.morningsidecenter.org/stories-voices/c-squadcrew-pilot-shows-strong-positive-re-sults">http://www.morningsidecenter.org/stories-voices/c-squadcrew-pilot-shows-strong-positive-re-sults</a>
<b>Description</b>	Friendship, stress, standing up to discrimination, cliques, social media, bullying, gender identity, and becoming a successful student – these are some of the key adolescent issues addressed in our middle school curriculum, C Squad: Friends for the Journey. The “C” in C Squad stands for Circle. The circle format used in C Squad sessions encourages a sense of belonging and connection, enabling students to have constructive conversations about these and other challenges in their lives. The C Squad curriculum is designed for advisory classes during the school day and for afterschool and expanded day programs. The C Squad curriculum consists of 14 units, each addressing a challenging issue in the lives of young adolescents, from friendship to bullying. Social and emotional skill-building is integrated into each unit according to its usefulness in helping a young person deal well with the issue the unit is addressing.

<b>Implementation Supports</b>	Training is required for purchase by development company
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## 9. Building Belonging (aka: Restore 360)

<b>Designed for Grades</b>	Grades 9-12
<b>Website</b>	<a href="http://www.morningsidecenter.org/building-belonging">http://www.morningsidecenter.org/building-belonging</a>
<b>Price</b>	<b>This programs is available for purchase only with a training and coaching component provided by a Morningside Center staff developer.</b> The cost of the program includes our daily rate (\$2,000/day/trainer), the cost of the curriculum kits (\$225), round trip travel, ground transportation, lodging and per diem. They have developed a budget for a district to scale up over three years that could be of interest.
<b>Research</b>	The Morningside Center is currently working on research.
<b>Description</b>	<p>The Building Belonging program focuses on the Restorative Practices model. With Building Belonging, it all happens in the circle. Through a highly structured process, restorative circles create a space where everyone knows that they belong and will be heard. Within the circle, participants develop and practice skills in communication, relationship-building, empathy, democratic decision-making, conflict resolution, and problem-solving. Over time, the skills and community students and adults build in circle lead to a more positive and collaborative classroom environment and to fewer conflicts and discipline incidents, creating a more equitable and caring classroom community. Morningside Center provides introductory and advanced training as well as tailored onsite coaching to support educators in facilitating effective circles using our Building Belonging curriculum.</p> <p>Building Belonging lays the groundwork for a school-wide shift to social and emotional learning (SEL) and restorative practices, leading to reduced suspensions, increased</p>

	equity, and a closer, kinder school climate.
<b>Implementation Supports</b>	Training is required for purchase by development company

## 10. Everyday SEL

<b>Recommendation</b>	Support this as an option for districts to choose to support developing SEL strategies in the classroom; Pros: simple to understand, easy to implement in everyday instruction; Con: need to make sure teachers understand the context and purpose and are able to communicate to students so these don't just become "activities".
<b>Designed for Grades</b>	3 editions available. Elementary, Middle School, High School.
<b>Website</b>	<a href="https://www.amazon.com/Everyday-SEL-Elementary-School-Social-Emotional/dp/1138903159">https://www.amazon.com/Everyday-SEL-Elementary-School-Social-Emotional/dp/1138903159</a>
<b>Price</b>	\$25.00 (One book per classroom)
<b>Format</b>	Soft-cover book
<b>Research</b>	None available specific to the book; <a href="#">from the organization Mindful Practices</a>
<b>Description</b>	<p><i>Teacher Instructional Practices/Strategies</i></p> <p>In this new book from educational consultant Carla Tantillo Philibert, teachers gain practical strategies for teaching social-emotional learning (SEL), mindfulness, and movement to help your elementary students maintain positive relationships, assume responsibility, become bodily aware, and grow into productive, contributing citizens. They'll find out how to lead students through games, simple yoga poses, breathing techniques, and other activities that are easy to incorporate and help you manage your classroom. Topics include:</p> <ul style="list-style-type: none"> <li>• Empowering your students to understand their emotions, improve their focus, manage stress, and regulate their behavior through structured activities</li> <li>• Introducing your students to the concept of SEL and setting up your own SEL classroom</li> </ul>

	<ul style="list-style-type: none"> <li>• Engaging your students in activities to strengthen peer-to-peer communication, community-building, and leadership skills</li> <li>• Allowing your students to test their SEL skills through interactive stories and class discussions</li> </ul>
<b>Implementation Supports</b>	Onsite professional learning, SEL In-Class Coaching/Modeling, Supporting class and student resources on the Mindful Practices website.

## 11. Second Step - Elementary

<b>Recommendation</b>	Worth additional investigation and comparison to other resources Pro: Comprehensive, has assessment tools, has some family connections; Con: Designed for explicit instruction - concern about consistent allocation of that much time; cost to implement as intended
<b>Designed for Grades</b>	PreK - 5th grade.
<b>Website</b>	<a href="http://www.secondstep.org/elementary-school-curriculum">http://www.secondstep.org/elementary-school-curriculum</a>
<b>Price</b>	\$400 per classroom kit. Prices vary, depending on program and focus
<b>Format</b>	<i>Explicit Skills Instruction</i> Classroom kit includes: Lesson cards, handouts, puppets, posters, songs, videos. The company has a variety of programs and formats, including “Child Protection” kits, bully prevention programs, staff development tools, principal kits, mindfulness kits, feeling cards. Provides grade-by-grade sequence,
<b>Research</b>	<i>Second Step</i> has been evaluated in multiple randomized and quasi-experimental studies (three randomized control trials and two quasi-experimental). Students have been followed over the course of up to two years. The Second Step website also has a page devoted to research: <a href="http://www.secondstep.org/research">http://www.secondstep.org/research</a>
<b>Description</b>	<i>Second Step</i> provides instruction in social and emotional learning with units on skills for learning,



	<p>empathy, emotion management, friendship skills, and problem solving. Combines Bullying Prevention Unit and Child Protection Unit with foundational Second Step Social-Emotional Learning. The program contains separate sets of lessons for use in prekindergarten through eighth grade implemented in 22 to 28 weekly topics. Lessons are around 50-60 minutes each. The Early Learning program in <i>Second Step</i> also includes a unit for transitioning to kindergarten. <i>Second Step</i> uses four key strategies to reinforce skill development: brain builder games (to build executive function), weekly theme activities, reinforcing activities, and home links (English &amp; Spanish). <i>Second Step</i> also connects new skills to other areas in the curriculum (e.g., literacy, arts, dramatic arts) and provides a structure for each day of the week. <a href="#">Scope and Sequence</a></p> <p>Opportunities to practice social/emotional skills - extensive  Family Context - adequate  Tools for monitoring implementation - yes  Tools for measuring student behavior - yes</p>
<b>CASEL Summary</b>	<a href="https://casel.org/guideprogramssecond-step/">https://casel.org/guideprogramssecond-step/</a>
<b>Implementation Supports</b>	Training is offered for purchase by development company. The company also offers supplemental programs in the following topics: Bully Prevention, Child Prevention, and Mind Yeti (mindfulness) Includes Principal Toolkit

## 12. Second Step – Middle School

<b>Recommendation</b>	<p>Definitely worth a closer look  Pros: very little teacher prep, only 25 minutes per week  Cons: cost</p>
<b>Designed for Grades</b>	6th - 8th grade.
<b>Website</b>	<a href="http://www.secondstep.org/middle-school-curriculum">http://www.secondstep.org/middle-school-curriculum</a>
<b>Price</b>	The program offers licenses for use: 1 year: \$2,500. 3 year: \$6,000. 5 year: \$8,000.
<b>Format</b>	<p><i>Free-standing lessons/Explicit Instruction</i>  Web-based curriculum. (Kit-based versions from 2008 are also available for \$200 each)</p>

<b>Research</b>	<i>Second Step</i> has been evaluated in multiple randomized and quasi-experimental studies (three randomized control trials and two quasi-experimental). Students have been followed over the course of up to two years. The Second Step website also has a page devoted to research: <a href="http://www.secondstep.org/research">http://www.secondstep.org/research</a>
<b>Description</b>	The new Second Step Middle School Program is a first-of-its-kind SEL curriculum that's modern, web-based, and responsive to the needs of today's students and educators. It's underpinned by the latest research in adolescent brain development and social psychology, and it's been refined through multiple pilot programs in classrooms across the country. The program's lessons, which take approximately 25 minutes each, are projected from a web-based portal and require little prep time. They address four key areas of SEL. <i>Unit 1: Mindset and goals. Unit 2: Values and Friendships. Unit 3: Thoughts, emotions, and decisions. Unit 4: Serious Peer Conflicts.</i> Provides one year of weekly lessons. Lesson plans to extend SEL throughout the day and SEL rubrics are also included. <a href="#">Scope and Sequence</a>
<b>CASEL Summary</b>	<a href="https://casel.org/guideprogramssecond-step/">https://casel.org/guideprogramssecond-step/</a>
<b>Implementation Supports</b>	Training is offered for purchase by development company. The company also offers supplemental programs in the following topics: Bully Prevention, Child Prevention, and Mind Yeti (mindfulness) A Principal Toolkit is also included with schoolwide licenses.

## 13. Lions Quest

<b>Designed for Grades</b>	PreK - 12th Grades
<b>Website</b>	<a href="https://www.lions-quest.org/">https://www.lions-quest.org/</a>
<b>Price</b>	\$120 - \$150 per classroom kit. The program is in partnership with the Lions Club and provides a clear process to request funding from the LCIF - Lions Club International Foundation.
<b>Format</b>	Each kit comes with Student activity books, teacher guides, electronic

	reproducibles, and puppets (for early grades).
<b>Research</b>	The Lions Quest website shares a number of research studies on their programs <a href="https://www.lions-quest.org/evaluation-reports/">https://www.lions-quest.org/evaluation-reports/</a>
<b>Description</b>	<p>Lions Quest is an SEL curriculum that integrates social and emotional learning, character development, drug and bullying prevention, and service-learning. Through a series of developmentally appropriate thematic units and lesson plans, the program helps create a school and classroom environment that promotes the positive student behaviors that lead to greater academic success.</p> <p>The secondary curriculum is described as an innovative and flexible curriculum that moves beyond the classroom to foster civic responsibility and build essential social, emotional, academic, and workplace skills. Two service-learning projects help foster civic responsibility as students move beyond the classroom and apply, social, emotional, academic, and workplace skills.</p>
<b>Implementation Supports</b>	Training is offered for purchase by development company

## 14. Facing History and Ourselves

<b>Designed for Grades</b>	6th - 12th Grades
<b>Website</b>	<a href="https://www.facinghistory.org/">https://www.facinghistory.org/</a>
<b>Price</b>	The Pricing depends on budget and level of engagement: Every district's community, needs, goals, and budget are different. <i>"We work closely with district leadership and administrators to develop a work plan, generally starting with a pilot year, followed by broad implementation and expansion, anchored by a plan for long-term sustainability."</i> Contact company for more

	information.
<b>Format</b>	The Facing History collection contains a large selection of books, DVDs, and teaching materials. The materials are integrated into social studies, history, civics, and ELA content.
<b>Research</b>	A study published in April 2014 shows how Facing History helps students develop critical thinking skills and fosters both academic and civic growth, while also promoting teacher self-efficacy and professional satisfaction. It was based on 113 teachers and 1,371 9th and 10th grade students in 60 high schools from eight metropolitan regions in the United States. ( <a href="http://www.tcrecord.org/Content.asp?ContentId=17470">http://www.tcrecord.org/Content.asp?ContentId=17470</a> )
<b>Description</b>	The topics are arranged into the following categories: Democracy and Civic engagement, Race in US History, Justice and Civil Rights, Anti-semitism and Religious Intolerance, Bullying and Ostracism, Global Immigration, Genocide and Mass Violence, and The Holocaust. The full library of materials can be found here: <a href="https://www.facinghistory.org/resource-library?f%5B0%5D=fh_search_api_search_type_%3Aall">https://www.facinghistory.org/resource-library?f%5B0%5D=fh_search_api_search_type_%3Aall</a>
<b>Implementation Supports</b>	The program recommends beginning with an intensive training model of two-five days (or several weeks online), followed up with two to three days of onsite coaching, as well as virtual support, during the school year. However, professional development for the program can be accomplished through a hybrid of in-person and online training. Administrators are encouraged to attend the training along with the teachers.
<b>CASEL review</b>	<a href="http://secondaryguide.casel.org/description-page.html#fhao">http://secondaryguide.casel.org/description-page.html#fhao</a>

## 15. The Leader in Me

<b>Designed for Grades</b>	
<b>Website</b>	
<b>Price</b>	
<b>Format</b>	

<b>Research</b>	
<b>Description</b>	
<b>Implementation Supports</b>	
<b>CASEL review</b>	