Focus Area for Curriculum Framework: SEL

SOCIAL & EMOTIONAL LEARNING: Educating the whole child means not only providing opportunities for students to experience cognitive growth, but also social and emotional growth. If the aim in educating children is to produce competent, thoughtful, well-adjusted and engaged citizens, then educators must recognize the interrelatedness of social, emotional, and academic development. The greatest academic and social-emotional growth occurs when educators foster a range of cognitive, personal, and social competencies. Schools have an opportunity to help students improve their general well being, not just their academic skills, which in turn improves student outcomes. Effective social and emotional learning programs (SEL) are characterized by positive classroom learning experiences, engaging and meaningful school-wide activities, positive parental support, and continuous community involvement.

Guidelines and Resources			
Components with Descriptions	**Templates, Sample Lesson Plans**	**Related Instructional Strategies**	**Possible Assessments**

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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.	Student Self Care Plan :Template to create an individualized self care plan. 30 Days of Mindfulness in the Classroom Practices to help improve focus, manage stress, regulate emotions and develop compassion. Teen Self Care Plan	Mindfulness Back to School: This guide helps educators get ready for the school year. 15 Activities for Teaching CASEL Core Competencies | Waterford.org Addressing intrinsic bias and microaggressions. What are Microaggressions -YouTube	Assess SEL Across Grade Levels & Skills SEL Report Card for K-5 Level Expectations. Project mapping emotions (9-12) The Emotion Map | Learning for Justice Student led conferences Students taking ownership of their learning and growth during par

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	A self discovery tool and conversation starter for youth about their overall well-being. Stress relief activity Secondary Lesson Plan template for Disagreeing Appropriately	Feelings Wheel- Color Visual aid that helps recognize, talk about and change feelings	

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Self-Management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This	(K-2) Fuzzy Friend Speaks: This lesson plan connects empathy and coding.	Intro-to-Self-Management-Handout.pdf (healthier sf excel.org) Self Management strategies & techniques	Microsoft Word - four-assessa.doc (habitsofmindinstitute.org) This resource is an assessment rubric for managing self ranging from expert to novice. Rubric||Self-Management_v2 (convalsd.net) This resource is a sample student self-management rubric.

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includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.	(3 - 5) Self-Calming Strategies: This lesson equips young students with calming strategies. (Grades 5 -8) ACT for Youth: This lesson plan helps students understand "growth mindset." (Grades 6 - 12) Self-Regulation Lessons: This guide shares strategies to help students manage emotions.	2018_Self-Management-Strategies 71060_01.indd (talentsmart.com): (literacy.org) self-management strategies	Assessment _ Scoring Rubric PDF.pdf This resource addresses five SEL areas and is a complete SEL Scoring Rubric. iRubric: Self-Management rubric - YX8427X: RCampus Assessment tool for addressing student growth in self-management.

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Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, culture, and contexts.	(K-12) Social Awareness Toolkit: Handouts, lesson plans and videos. (K-12) K-12 Lessons: SEL lesson plans for all grade levels. (K-5) K-5 Lessons Our Best Selves: downloadable lessons for K-5.	(K-5) Elementary Strategies for Social Awareness: Elementary strategies and handouts. (K-8) Social Awareness Strategies: includes poems, cards and more. (6-12) 13 SEL Activities for Social Awareness & Relationship Skills: Quick tips and tricks. (K-12) Social Awareness Strategies: sample strategies by grade bands.	(6-12) Social Awareness Toolkit: includes videos, strategies and facilitator guide. (K-12) Authentic Assessment Toolbox: guide for developing assessments. (K-12) Social Responsibility Rubric: sample rubric.

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Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate a setting with diverse individuals and groups.	(K-12) Relationship Skills SEL- ACT for Youth: ACT for Youth provides strategies needed to create	(K-12) Relationship Skills: Strategies to use with all grade levels to strengthen relationships. (K-12)Building Relationships with your Students: This source	(K-3) Relationships & Child Development: Ideas for teachers to help elementary students dev (K-12)Assessing Social and Emotional Learning: This is an article about three types of SEL ass growth to families. (K-12)How do we measure SEL? : This booklet has a description of components of SEL.

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	healthy relationships. (K-12)Peer Relationships Lessons: This resource shares different lessons for relationship building. *(K-12)*Random Acts of Kindness: This source includes a curriculum for kindness. (K-12) Relational Capacity: This source includes AVID strategies and activities for building relationships.	has lessons and activities for classroom relationship building. (K-12)Teachers—on Making Room for the New Kids in Class:This is an article about why a sense of belonging and building relationships is important.	

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Responsible decision-making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacity to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.	(K-12) Responsible Decision Making - Social and Emotional Learning - ACT for Youth: Variety of resources and activities to support critical thinking and problem solving. (6-8) 5 Ways to Incorporate SEL in Middle School (K-12) Responsible Decision Making | Learning for Justice: Literature that supports activities regarding ethics and other discussion topics.	(3-12) Collaborative Study Groups: Strategy for students to identify a point of confusion and work collaboratively to solve it. (K-12) Socratic Seminar: Strategy that encourages students to share research-based evidence. (K-12) Philosophical Chairs: Strategy that introduces the art of constructive argument. (K-12) Youth Participatory Action Research (YPAR): is an innovative approach to positive youth and community development based in social justice principles in which young people	(K-12) Responsible Decision Making: An Introductory Guide |: Article discusses Responsible (K-12) Differentiation Through Instructional Decisions: Systematic process of using student achievement and other data to guide instructional decisions. (K-12)Encouraging Responsible Decision Making: Series of skills to assist them in the process

		are trained to conduct systematic research to improve their lives, their communities, and the institutions intended to serve them.	

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Examples (e.g., Videos, Case Studies)

Self-Awareness:

(9-12) Positive pivot scale (HS/adults): This video provides guidance for responding to challenges.

(K-12) Refrigerator Magnets - Sample of Move This World Student Video: Talking about stress.

(K-12) Maslow before bloom: Checking in on students' well-being at the beginning of class is important, tending to it throughout the day helps students socially, e

(K-5) Sesame Street mindfulness: Help students practice patience with Monster Mediation.

(K-12) CASEL District Resource Center: Make SEL an integral part of students' education with research, knowledge, and resources.

Self-Management:

(K-5) Self-Management | Social-Emotional Learning: Teaching ways to manage feelings and turn them into positive actions.

(6-8) SEL Video Lessons- Self Management: Six tips to effectively manage stress.

(6-8) Let's talk about Self-Management: Self-management allows students to follow through on plans to complete assignments and stay focused in class.

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Social Emotional Learning Video Lessons - Self-Management Week 3 - YouTube

6 Ways to Manage Stress

Stress Management Tips for Kids and Teens

Social-Awareness:

~~Philanthropy, connecting to the community and giving https://youtu.be/Mlf-Em7dmvw~~Philanthropy and Service-Learning: Why do they matter?

Social Awareness Video PBS Learning Media

Social Awareness in Students' Words (Middle School)

Relationship Building Skills:

~~Relationship Building Video PBS Learning Media~~

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~~Responsible Decision Making | Social Emotional Learning - YouTube~~

~~Responsible Decision Making~~

~~https://youtu.be/7z0bq7Zr70M~~

~~SODAS: Teaching Accountability and Responsible Decision Making~~

Relationship Building Video PBS Learning Media

Teen Voices: Friendships and Boundaries

What Teens Think About: Healthy Relationships

Social-Emotional Learning: Relationship Skills

Responsible Decision Making:

Focus Area for Curriculum Framework: SEL

Responsible Decision Making | Social Emotional Learning - YouTube

SEL Connection to Responsible Decision Making

SODAS: Teaching Accountability and Responsible Decision Making