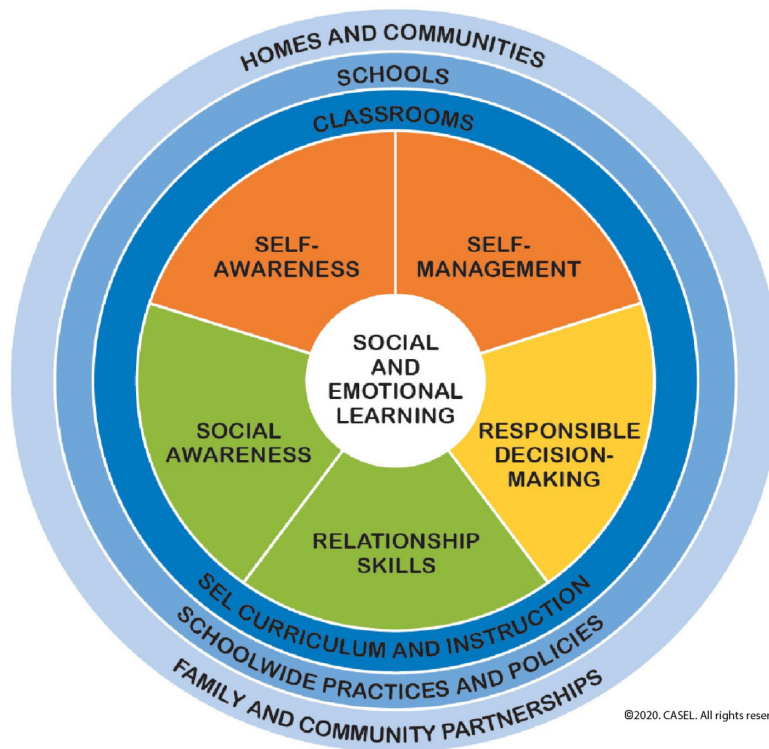


## Social/ Emotional Learning Toolkit for the First 3 Weeks

Teachers and staff will use the SEL Toolkit to teach 2-3 lessons per week; a total of 6-9 lessons by the end of the 3<sup>rd</sup> week with each competency being covered. Teachers may use more lessons than what is required to meet their students' needs. Please see [SEL Planning Guide](#) for further instruction of implementation of the resources in this toolkit.



<https://casel.org/wp-content/uploads/2019/12/CASEL-Competencies.pdf>

**Sample Teaching Activities to Support Core Competencies of Social and Emotional Learning (K-12, includes ideas for all 5 Core Competencies)**

### **EVIDENCED BASED SEL PROGRAMS**

(preK & Elementary):

<https://casel.org/guide/programs/>

(Secondary):

<http://secondaryguide.casel.org/description-page.html>

<http://secondaryguide.casel.org/#RatingsTables>

<https://wideopenschool.org/programs/educator/prek-5/sel/>

<https://wideopenschool.org/programs/educator/6-12/sel/>

**Social And Emotional Development** (PBS Learning Media videos for the 5 Core Competencies--geared more towards younger students, but can be searched by grade level as well)

**SEL Kernels: Building Skills for Learning and Life** (Menu of strategies for teachers to integrate into everyday classroom practices)

### **SEL Toolkit of Strategies & Activities by Core Competency**

#### **1. Self-Awareness - recognition of one's own emotions, personal goals, and values**

- a. [Teaching Coping Skills](#) (pK-12)
- b. [18 Coping Skills & Activities](#) (pK-12)
- c. [Mindfulness and the Brain-Hot to Explain it to Children](#) (pK-12)
- d. [Self-Awareness Lessons from Nebraska Department of Education](#) (pK-12)
- e. [8 Activities to Increase Emotional Vocabulary](#) (pK-8)
- f. [Kimoichis Feelings Chart, Kotawazas, Feeling Detective, etc.](#) (pK-5)
- g. [Enhancing Emotional Vocabulary in Young Children](#) (pK-5)
- h. <https://www.education.com/lesson-plans/social-emotional-learning/> (pK-5)
- i. [Attitude Latitudes](#) (6-12)
- j. [Self-Awareness Strategies in the Classroom](#)
- k. [13 Powerful SEL Activities](#) (9-12)

#### **2. Self-Management - regulation of one's own emotions and behaviors**

- a. [Establishing Classroom Rules: Lessons & Activities](#) (pK-12)
- b. [Ten Activities for Establishing Classroom Expectations](#) (pK-12)
- c. [Set Positive Behavior Expectations](#) (pK-12)
- d. [Greater Good in Education: Self Awareness & Self Management](#) (pK-12)
- e. [SEL Integration Approach for Classroom Education](#)
- f. [Compassion Based Strategies for Managing Classroom Behavior](#) (pK-12)
- g. [Mindfulness Videos](#) (pK-12)
- h. <https://www.education.com/lesson-plans/social-emotional-learning/> (pK-5)
- i. [Self-Management](#) (5-12)
- j. [https://www.responsiveclassroom.org/wp-content/uploads/2019/07/Invest\\_Students\\_Rules\\_Planner\\_online\\_CH\\_9.12.2019.pdf](https://www.responsiveclassroom.org/wp-content/uploads/2019/07/Invest_Students_Rules_Planner_online_CH_9.12.2019.pdf)

- k. [What Sets You Off? \(6-12\)](#)
  - l. [Self-Management Strategies in the Classroom](#)
- 3. Social Awareness - understanding of and compassion for others' backgrounds or cultures**
- a. [Teaching Social Awareness \(pK-12\)](#)
  - b. [Social Awareness Activities \(pK-5+\)](#)
  - c. [Social Awareness Strategies in the Classroom](#)
  - d. [Superstar \(Greater Good In Education\) \(pK-8\)](#)
  - e. [Feeling Connected for Students \(6-12\)](#)
  - f. [I See You. Everyone Matters. \(Greater Good in Education\) \(9-12\)](#)
- 4. Relationship Skills - ability to establish and maintain healthy relationships**
- a. [4 Approaches to Building Positive Community in Any Classroom \(pK-12\)](#)
  - b. [10 Powerful Community-Building Ideas \(pK-12\)](#)
  - c. [Building a Community in the Classroom \(pK-12\)](#)
  - d. [Developing Positive Teacher-Student Relations \(pK-12\)](#)
  - e. [Build Classroom Community-A giant list of ideas! \(pK-8\)](#)
  - f. [Leading Morning Meetings \(pK-8+\)](#)
  - g. [Teach Relationship Skills \(pK-12\)](#)
  - h. [Brain Freezers \(6-12\)](#)
  - i. [Setting Boundaries \(6-12\)](#)
  - j. [Strategies to Improve](#)
- 5. Responsible Decision Making-making positive choices involving one's own behavior**
- a. [Responsible Decision Making Activities \(pK-12\)](#)
  - b. [Responsible Decision Making: Read Alouds/Resources \(pK-12\)](#)
  - c. [Teaching Responsible Decision Making Skills \(pK-12\)](#)
  - d. [Resolving Conflicts \(6-12\)](#)
  - e. [Stop and Think Power \(Greater Good in Education\) \(pK-8\)](#)
  - f. [Responsible Decision Making Strategies](#)
  - g. [Responsible Decision Making \(9-12\)](#)

## **SEL Toolkit of Strategies & Activities by Grade Level**

### **Elementary (pK-5)**

- <https://wedolisten.org/Lessons> (pk-K)
- <https://www.centervention.com/social-emotional-learning-activities/>
- <https://www.responsiveclassroom.org/printables/planning-guides/>
- <https://chooselovemovement.org/lesson/k-through-5th-grade/> (Choosing Love In Our Brave New World - requires free sign-up)

### **Secondary (6-12)**

- <https://www.responsiveclassroom.org/printables/planning-guides/> (6-8)
- <https://www.responsiveclassroom.org/printables/from-our-books/> (6-8)
- [https://www.mawilearning.com/wp-content/uploads/2020/03/SEL\\_Skill\\_Building\\_Resilience\\_2020.pdf](https://www.mawilearning.com/wp-content/uploads/2020/03/SEL_Skill_Building_Resilience_2020.pdf)
- <https://www.edutopia.org/article/13-powerful-sel-activities-emelina-minero>
- <http://www.tolerance.org/sites/default/files/PDA%20Advisory%20Activities%20VF.pdf>