



# Social and Emotional Learning - Resource Guide -

The **Social and Emotional Learning (SEL) Learning Package Resource Guide** provides a set of resources to accompany the SEL Learning Series videos. The guide is organized into the following sections:

**[SECTION 1 - Understanding SEL](#)**: Learn about what SEL is and why it matters.

**[SECTION 2 - Prioritize Developmental Needs](#)**: We know that young adolescence is a unique developmental period in a young person's life. Check out these resources to learn about why SEL is so critical as we consider the developmental needs of this age.

**[SECTION 3 - Cultivating SEL for Both Youth and Adults](#)**: This set of resources will point you to lessons, activities, videos, and other resources that support both student and adult SEL.

**[SECTION 4 - Building a Learning Community](#)**: Check out these resources to learn more about the importance of relationships and how to build strong connections and inclusive communities.

**[SECTION 5 - Equity & SEL](#)**: Learn why SEL is critical in advancing equity for all young people.

**[SECTION 6 - Considerations for Remote Learning](#)**: This set of resources points to ideas and strategies to promote SEL in virtual learning settings.

You will find various types of resources, noted as follows:



Research Study or Assessment Tool



Report, Article, or Blog



Infographic



Webinar, TedTalk, or Video














Podcast
















Lesson Plan or Classroom Activity

Lastly, each resource is marked to indicate if it relates to Student SEL, Adult SEL, or both. **Adult SEL** refers to resources designed to help adult educators cultivate their own social and emotional competencies. **Student SEL** refers to resources designed to help educators cultivate their students' social and emotional competencies.




## Section 1: Understanding SEL

Resource	Format	Description	Adult	Student
<a href="#">What is SEL and Why SEL Matters?</a>		3-min video on what social emotional skills are and how they play an important role across the lifespan.	X	X
<a href="#">Social Emotional Learning for Adolescents</a>		Research summary describing the importance of mindsets and emotional climate, developmental motivations, and opportunities to gain status in adolescent SEL.		X
<a href="#">Promoting Positive Youth Development through School SEL Interventions</a>		Review of SEL interventions describing their long-term effects and the universal benefits regardless of race, socioeconomic status, background or location.		X
<a href="#">Data: How District Leaders, Principals and Teachers View SEL</a>		Snapshot of attitudes toward SEL and the challenges and opportunities for adoption of SEL practices.		X
<a href="#">Social Emotional Learning Research Review</a>		Series of 4 articles synthesizing SEL research reports with key take-aways, tips and recommendations.		X
<a href="#">Response to Constructive Criticism on SEL</a>		Two experts address the criticisms (e.g., ambiguity, hype, equity) and challenges surrounding SEL.		X
<a href="#">Teaching the Whole Child: Research to Practice Brief</a>		List of 10 instructional practices that support student SEL. Examines what actions can be taken at district- school-, and class-level.		X
<a href="#">A Comprehensive Guide to Adult SEL</a>		Guide with strategies and exercises to strengthen adult SEL. Includes templates, examples, and multiple links to similar resources.	X	
<a href="#">SEL Chat</a>		5-min sessions that include actionable items to promote SEL, as well as longer sessions with more in-depth information.	X	X
<a href="#">The Case for SEL</a>		Customizable powerpoint that highlights the benefits of SEL for students and adults in school settings.	X	X
<a href="#">Social-Emotional Learning (SEL) Assessment Technical Guidebook</a>		Guidebook designed to make technical considerations more accessible to educators when it comes to identifying and evaluating the quality of an SEL assessment.		X

## Section 2: Prioritize Developmental Needs

Resource	Format	Description	Adult	Student
<a href="#">The Promise of Adolescence: Realizing Opportunity for all Youth</a>		Comprehensive report highlighting how scientific understanding of adolescent development can inform education systems. Slides and webinar available <a href="#">here</a> .		X
<a href="#">Promoting SEL in the Middle and High School Years</a>		Issue brief describing 4 approaches to SEL: skill-focused promotion, academic integration, teaching practices, and organizational reform. Includes summary of the research, examples, and recommendations.		X
<a href="#">Role of Schools in Adolescent's Identity Development</a>		Review of research findings with insights for educators on how to support adolescent identity development		X
<a href="#">Lessons in Adolescence</a>		Guests include educators, researchers, developmental scientists, thought leaders, etc. who offer actionable insights about young adolescent learning/development.		X
<a href="#">Wired to Learn: SEL in Adolescence</a>		Webinar describing how the adolescent brain is well-suited to acquire SEL skills and the challenges of low participation from youth.		X
<a href="#">The Adolescent Brain</a>		5-min video by neuropsychiatrist Dan Siegel describing major developmental changes in the adolescent brain.		X
<a href="#">Adolescent is a Critical Period for Learning</a>		Infographic describing the key ways adolescent brains are growing and changing.		X
<a href="#">Letting Young People Lead with their Identity</a>		2-min video of youth advocate Karen Pittman describing the effects of overlooking racial and cultural identities and the important role of educators/schools.		X
<a href="#">Strengths Exercises</a>		Three scientifically-based lesson plans (ranging from 5-10 min to 45-60 min) designed to help students and adults identify personal strengths.	X	X
<a href="#">VIA Character Strengths Survey</a>		Online, free 15-min scientific survey designed to identify individual character strengths. See <a href="#">sample report</a> .	X	X
<a href="#">SEL Reflection Prompts</a>		A list of writing or discussion prompts aligned with SEL competencies that can be used to facilitate dialogue, encourage journal writing or enhance assignments.	X	X
<a href="#">Best Possible Self</a>		Reflection exercise to promote goal-setting, motivation and optimism.	X	X
<a href="#">Alternatives to Think-Pair-Share</a>		List of 10 peer discussion techniques		X









## Section 3: Cultivating SEL

Resource	Format	Description	Adult	Student
<a href="#">SEL Kernels (Harvard EASEL Lab)</a>		Short specific activities/strategies that support SEL competencies (can search by grade level and duration).	X	X
<a href="#">Strategies for Teaching Fearless SEL for Societal Change</a>		Prompts and activities organized around the 5 core SEL competencies aiming to cultivate youth agency, civic engagement, and social change	X	X
<a href="#">If You Really Knew Me Activity</a>		Interpersonal activity that promotes personal reflection while strengthening relational connections.	X	X
<a href="#">Virtual Everyday Gratitude</a>		Five 15-20 min lessons to explore gratitude through self-reflection and thank-you notes. Appendices include sample notes and guidance on setting norms.	X	X
<a href="#">MindsetKit</a>		Downloadable lesson plans designed to improve mindsets. Describes teaching strategies and includes videos, handouts, and self-/peer-assessment tools.	X	X
<a href="#">RSA Short on Empathy</a>		3-min animated video on what empathy is, how it differs from sympathy and suggested language to use during vulnerable encounters	X	X
<a href="#">13 Powerful SEL Skills</a>		List of 13 (quick) opening, group sharing, and closing activities that can support student and adult SEL	X	X
<a href="#">Interactive Modeling- Respectful Disagreement</a>		Sample script using the interactive modeling approach to promote strategies for respectful disagreement		X
<a href="#">Move This World</a>		Resource hub with interactive videos, movement, and creative expression resources designed to help students, educators and families develop emotional intelligence skills.	X	X
<a href="#">Adult SEL</a>		Series of blog posts on adult SEL- why it is important, ways to promote self-care, collective efficacy, etc.	X	
<a href="#">12 Strategies for Adult SEL Facilitation</a>		List of strategies for professional development reflection. Sample introduction language, classroom activities and a planning guide are included.	X	
<a href="#">Reflecting on Personal SEL Skills</a>		Reflection exercise with a built-in personal assessment. List of statements describing specific practices that align with each core SEL competency is provided.	X	
<a href="#">Making Practices Culturally Responsive</a>		List of questions teachers can reflect on to enhance their practice. Sample responses, key strategies and additional resources are included.	X	











## Section 4: Building a Learning Community

Resource	Format	Description	Adult	Student
<a href="#">Remember the Relationships</a>		Brief report arguing the importance of increasing focus on student-teacher relationships and describing key elements of <i>developmental relationships</i>	X	
<a href="#">Positive Greetings at the Door</a>		Middle school study reporting that positive greetings at the door led to improvement in engagement and reduction in disruptive behavior.	X	X
<a href="#">CELT's Active Learning Techniques</a>		A list of 226 active learning techniques that can help to engage students both with the course content and with one another.	X	
<a href="#">How Diversity Makes us Smarter</a>		Article summarizing research evidence that interactions within socially diverse groups makes us more creative, more diligent and harder-working.	X	X
<a href="#">Changing Relationships and Social Motivations in Adolescence</a>		Infographic describing adolescent developmental shifts in behaviors and motivations around peers and adults.	X	X
<a href="#">Three Simple Ideas to Get Students to Pay Attention</a>		Animated video showing 3 ways for educators to build stronger connections with students.	X	X
<a href="#">Creating a Safe, Positive Classroom Community – In-Person or Online</a>		Infographic including recommendations from teachers on building classroom community	X	X
<a href="#">Belonging and Emotional Safety</a>		Classroom activities, professional learning and reflection templates to promote belonging, ensure emotional safety and affirm students' full identities.	X	X
<a href="#">Guide to Short Chats that will Deepen Relationships</a>		General strategies for teacher-student relationship building. Includes conversation prompts and specific phrasing for interactions.	X	X
<a href="#">5-Minute Chats with Individual Students</a>		Sample agenda, probes and questions for check-ins.	X	X
<a href="#">Virtual Circle of Concern</a>		Five 15-35 min lesson (with handouts and pre-made materials) designed to help youth and adults become more aware of those for whom they lack empathy.	X	X
<a href="#">Resource Mapping Strategy</a>		Tool to identify and analyze existing school resources and programs related to SEL, climate and well-being.	X	X
<a href="#">Creating Opportunities Through Relationships</a>		5 online learning modules designed to strengthen teacher-student relationships.	X	X
<a href="#">Teaching Tolerance Resources</a>		Resource hub that identifies social justice standards around identity, diversity, justice and action. ilm kits, lesson plans, and customizable learning plans are also included.	X	X

## Section 5: Equity & SEL

Resource	Format	Description	Adult	Student
<a href="#">SEL as a Lever for Equity and Excellence</a>		Research resource compilation that includes studies, webinars, videos, and educator guides focused on culture, identity, agency, belonging, and engagement as expressions of the 5 core SEL competencies.		X
<a href="#">Building a Culture of Equity through SEL</a>		Panel of researchers and practitioners who first describe transformative SEL, followed by multiple presentations highlighting the importance and impact of using SEL with adults and students to address issues of privilege, power, race, and social justice.	X	X
<a href="#">Supporting Equity and SEL</a>		Webinar identifying equitable practices teachers can use to support student SEL. Includes actionable steps and classroom practices to illustrate key strategies.		X
<a href="#">Integrating a focus on equity into social and emotional learning</a>		Infographic emphasizing strategies for grounding SEL in a focus on equity. Click on the embedded link below the image to download the full document.		X
<a href="#">Continuing Courageous Conversations Toolkit</a>		Toolkit with multiple detailed lesson plans for engaging in conversations about race with scripted language, handouts, suggested ground rules, etc.	X	
<a href="#">Empathy Techniques for Educational Equity</a>		Booklet with instructions and guidance for using design-thinking to promote equity.	X	X
<a href="#">The Art of SEL with an Equity Lens</a>		Set of teacher-facing reflection questions for each of the 5 major SEL competencies.	X	
<a href="#">Criteria for an Equitable School</a>		Questions for educators to reflect on the climate, school experiences, and curricular content.	X	X
<a href="#">Circle Scripts for Black Lives Matter at School</a>		Scripts to open up dialogue about experiences with race and structural racism. Can be adapted to various age groups.	X	X
<a href="#">Civic Discussion Video Series</a>		3 videos with discussion questions to provide guidance on facilitating student-centered discussions on complex and/or controversial topics.	X	X
<a href="#">Let's Talk! Teaching Black Lives Matter</a>		Webinar focused on the need for change in education and policy, how to bring students into the conversation and resources for the Black Lives Matter movement. <a href="#">Let's Talk guide</a> is also available to help facilitate discussion.	X	X
<a href="#">Reflecting on George Floyd's Death</a>		Guide for teachers to begin conversations with students about George Floyd's death. Includes reflection activities for educators as well.	X	X

## Section 6: Considerations for Remote Learning

Resource	Format	Description	Adult	Student
<a href="#">Supporting School Community Wellness and SEL During and After the Pandemic</a>		Issue brief describing how to leverage SEL during challenging times. Includes several embedded links to classroom resources for supporting adult/student SEL.	X	X
<a href="#">Strategies for Educators to Support SEL of Students Impacted by COVID-19 Pandemic and the Demand for Racial Justice</a>		Webinar includes explicit strategies for creating safe and supportive environments, promoting home-school communication, and fostering collective care.		X
<a href="#">When Teachers and Students are Separated: Strategies from Research on Social Presence for Teaching at a Distance</a>		Interactive infographic providing ways to stay socially connected during virtual learning. Includes easy-to-use teaching practices.		X
<a href="#">Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators</a>		Tip sheet with 14 brief, clear actions for preventing/stopping incidents of verbal harassment, avoidance, and exclusion in connection w/ COVID-19.		X
<a href="#">How to Keep Kids Collaborating Remotely</a>		Tech tools and strategies to promote students working together while in remote learning environments.		X
<a href="#">Virtual Relationship Mapping</a>		Tool to help ensure each student feels connected to an adult in school. Includes sample spreadsheet, email language, meeting agendas, and reflection questions.		X
<a href="#">Virtual Circle (Healing Circles)</a>		Planning guide for the practice of Circle, logistical adjustments to hosting virtual Circles, and detailed tips/instructions on Zoom features.		X
<a href="#">Create a Toolbox for Care</a>		4 activities to help students create a self-care toolbox. Includes planning, handouts, and google slides.		X
<a href="#">Essential Digital Citizenship Lessons for the Coronavirus Pandemic</a>		List of lesson plans and activities that focus on norms and procedures for digital citizenship.		X
<a href="#">Activities to Promote the Common Good</a>		Google slides and reflection questions for 4 activities. Adaptable for in-person and online instruction (e.g., written reflections, voice recordings, or class discussion).		X