



Social Emotional Learning Resources

Articles/Video About Anti-Racist/Culturally Responsive SEL & its Benefits:

Adopting Anti-Racist Practices When Teaching SEL

Laura from the fancy counselor talks about the connection between anti-racism and SEL. Also talks about why and how you can adopt anti-racist practices when teaching SEL.

<https://youtu.be/JARNOGObcws>

Article about "Why We Can't Afford Whitewashed Social-Emotional Learning" by Dena Simmons. The article also discusses strategies educators can use for teaching fearless SEL.

http://www.ascd.org/publications/newsletters/education_update/apr19/vol61/num04/Why_We_Can't_Afford_Whitewashed_Social-Emotional_Learning.aspx

Four Reasons Why SEL is So Important Right Now. Watch this video by the Committee for Children to find out why it's time to bring SEL front and center.

https://youtu.be/Pq_wd-jQNEg

For Educators:

4 Ways to Plan for Social Emotional Learning and Anti-racism in Early Education. Samantha Song discusses in this article 4 ways educators can integrate anti-racism and SEL into their teaching.

<https://www.google.com/amp/s/betterkids.education/blog/4-ways-to-plan-for-social-emotional-learning-and-anti-racism-in-early-elementary%3fformat=amp>

Trauma informed school strategies during COVID-19 by The National Child Traumatic Stress Network. This factsheet provides information on the physical and emotional well-being of staff and trauma education and awareness and much more.

<https://www.nctsn.org/resources/trauma-informed-school-strategies-during-covid-19>

Equity and SEL by Collaborative for Academic, Social, and Emotional Learning (CASEL). This video talks about what teachers need to know and do when it comes to SEL and also promoting equity.

<https://youtu.be/o2bB-08hikM>

Trends & Best Practices. This article talks about 7 SEL trends created by Collaborative for Academic, Social, and Emotional Learning (CASEL).

<https://casel.org/sel-trends/>

SEL Discussion Series for Parents and Caregivers by CASEL.

This discussion series was developed to support schools/community partners that wish to engage parents and caregivers in SEL.

https://casel.org/wp-content/uploads/2017/11/CASELCaregiverGuide_English.pdf

CASEL Program Guides. This article provides two effective social and emotional learning program guides, one for preschool/elementary and another for middle/high school.

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

Moving Forward as a Resilient Community. This article by Social Emotional Learning Alliance for Oregon describes four structural trauma informed considerations that focus on social emotional health and wellness in school environments.

<https://sel4or.org/wp-content/uploads/sites/20/2020/07/Moving-Forward720.pdf>

Moving Forward as a Resilient Community. A three week series of SEL micro lessons that focus on social emotional health and wellness.

<https://sites.google.com/pps.net/sel-micro-lessons/home>

Moving Forward as a Resilient Community. This article by Social Emotional Learning Alliance for Oregon and it discusses ways to set social emotional health and wellness goals for 2020-21.

<https://sel4or.org/wp-content/uploads/sites/20/2020/10/Setting-Goals2021.pdf>

Article about Social-Emotional Support for English Language Learners During COVID by Colorin Colorado. Lots of additional resources on the article including a video.

<https://www.colorincolorado.org/school-support/covid-19-ells/social-emotional-support-ells-during-covid-19>

PDF guide by Healthy Native Youth on how to support youth experiencing trauma in the classroom and beyond.

<https://www.healthynativeyouth.org/wp-content/uploads/2020/03/Slides-for-Supporting-Youth-Experiencing-Trauma.pdf>

PDF guide by Healthy Native Youth for educators. The guide supports youth in creating a self-care plan that includes selecting positive self-talk statements. This self-care activity guide is intended for the following age groups: middle school, high school, and young adults.

https://www.healthynativeyouth.org/wp-content/uploads/2020/04/Self-Care-Plan_Youth.pdf

Culturally Relevant, Trauma-Informed, Positive Behavioral Supports Classroom Best Practices Inventory. Observation tool provided by Healthy Native Youth for educators.

[TI PBIS Classroom Observation Tool](#)

School/Family Partnerships:

Article about School-Family Partnership Strategies to Enhance Children's Social, Emotional, and Academic Growth by CASEL.

<https://www.casel.org/wp-content/uploads/2016/08/PDF-9-school-family-partnership-strategies-to-enhance-childrens-social-emotional-and-academic-growth.pdf>

Strategies for Establishing School-Family Partnership in Support of SEL by CASEL. This tool suggests ways that schools can further engage families in learning, supporting, and promoting SEL.

<https://schoolguide.casel.org/resource/strategies-for-establishing-school-family-partnerships-in-support-of-sel/>

For Parents/Guardians: (Available in multiple languages)

Helping Children Cope with Changes Resulting from COVID-19 by National Association of School Psychologists (NASP). This journal discusses different strategies parents/guardians can help children cope with changes that have arose due to COVID-19.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

During COVID-19 You Are Not Alone- Oregon Department of Human Services.

This is an extensive list of resources for the community.

<https://govstatus.egov.com/or-dhs-not-alone>

For Parents/guardians (English):

The Missing Link in Social and Emotional Learning by Shannon B. Wanless and Tia N. Barnes with Confident Parents Confident Kids. This article discusses why social justice and equity are essential to social and emotional learning.

<https://confidentparentsconfidentkids.org/2020/06/04/the-missing-link-in-social-and-emotional-learning/>

Social Emotional Health for Parents

Informational video by CASEL and Chicago Public Schools for parents on SEL. Video aims to inform parents on SEL in schools and offer them ways to integrate SEL into their own parenting practices to support their children's social emotional health at home.

<https://youtu.be/y2d0da6BZWA>

Parenting in Challenging Times- Social Emotional Health by Early Childhood Innovation Network. Learn ways to strengthen your child's social emotional health throughout the day in this short video.

<https://youtu.be/dN4em8atIWc>

Parenting in Challenging Times- Self-care for Parents by Early Childhood Innovation Network. Learn about simple self-care strategies that you can integrate into your day to help during times of stress in this short video.

<https://youtu.be/ijEUYdmosNY>

Parenting in Challenging Times- Daily Routines by Early Childhood Innovation Network. Learn about the benefits of developing a daily routine for you and your child in this short video.

<https://youtu.be/pmwvPF26zqI>

Family Emotional Safety Plan by Confident Parents Confident Kids. This activity helps parents plan a family emotional safety plan that promotes social and emotional growth.

<https://confidentparentsconfidentkids.org/parent-resources/family-emotional-safety-plan/>

How to Talk to Your Kids About Coronavirus by Deborah Farmer Kris with PBS Kids for Parents. This article discusses different ways to educate your children about the virus and four ways to help them build germ-busting habits.

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Resources for Families During COVID-19 by Fred Rogers Productions. This article includes a lot of different links with activities that promote social and emotional learning at home.

<https://www.fredrogers.org/coronavirus/>

“Traumatic Experiences” created by Sesame Street in Communities. This article includes many activities such as videos, articles, and workshops that all support kids going through trauma. In addition it also offers resources for parents/guardians.

<https://sesamestreetincommunities.org/topics/traumatic-experiences/> (The whole website is also in Spanish, includes other topics such as homelessness, resilience, self-care, and exploring emotions amongst many more. All segments offer a brief description, but mainly include activities kids can do at home with guardians)

Para Padres/Guardianes (Español):

Video de “SEL para Padres” hecho por CASEL y Chicago Public Schools. El propósito del video es informar a los padres sobre el aprendizaje social y emocional en las escuelas.

https://youtu.be/xz_aCbDI9uk

Serie de Discusión de SEL para Padres y Cuidadores hecho por CASEL.

https://casel.org/wp-content/uploads/2017/11/CASELCaregiverGuide_Spanish.pdf

Cómo Hablar con Sus Hijos Sobre el Coronavirus hecho por Deborah Farmer Kris con PBS Kids para padres. Este artículo analiza diferentes formas de educar a sus hijos sobre el virus y cuatro formas de ayudarles a desarrollar hábitos de eliminación de gérmenes.

<https://www.pbs.org/parents/thrive/como-hablar-con-tus-hijos-sobre-el-coronavirus>

Recursos para Ayudar a las Familias durante el COVID-19 hecho por Fred Rogers Productions. Este artículo incluye muchos enlaces diferentes con actividades que promueven el aprendizaje social y emocional en el hogar.

<https://www.fredrogers.org/coronavirus-espanol/>

“Experiencias Traumáticas” hecho por Sesame Street el las Comunidades. Este artículo incluye muchas actividades como videos, artículos, y talleres. También incluye un enlace con recursos.

<https://sesamestreetincommunities.org/topics/eltrauma/>

Reacción de Lucha o Huida hecho por Psychology Tools.

[Preview attachment fight_or_flight_response_es.pdf](#)fight_or_flight_response_es.pdf123 KB

Herramienta para la Relajación Muscular Progresiva hecha por Psychology Tools.

[Preview attachment progressive_muscle_relaxation_es](#)
[Espanol.pdf](#)progressive_muscle_relaxation_es Espanol.pdf428 KB

Herramienta para poder relajara tu respiración durante estrés hecha por Psychology Tools.

[Preview attachment relaxed_breathing_Spanish.pdf](#)relaxed_breathing_Spanish.pdf129 KB

Articulo sobre Cómo la Respiración Afecta los Sentimientos hecha por Psychology Tools.

[Preview attachment Como la respiracion afecta los sentimientos.pdf](#)Como la respiracion afecta los sentimientos.pdf485 KB

For Students (English):

SEL Activity- Why I Can Do This by Understood.

https://assets.ctfassets.net/p0qf7j048i0q/7KXqaJt2mY7Sd5BRajoSy3/167162c35d6454b2314577d1ebd788a8/Why_I_Can_Do_This_Understood.pdf

SEL Activity- 15 Growth Mindset Questions by Understood.

https://assets.ctfassets.net/p0qf7j048i0q/4S3FmaJLgjoUzJjYKVTY8/ec379c2479556d19ccd4e0c856a86507/15_Growth_Mindset_Questions_to_Ask_Understood.pdf

SEL Activity- Growth Mindset Action Plan by Understood.

https://assets.ctfassets.net/p0qf7j048i0q/6DPUwR28NTV4VraYQrVIKC/f9b88113c38d4280de5e1d2e65695d1c/Growth_Mindset_Action_Plan_Understood.pdf

SEL Activity- Try Saying Something Else by Understood.

https://assets.ctfassets.net/p0qf7j048i0q/3Ksved23rc5yVs9vnkMta8/57479cddd2c0e5150e12c41242a627fe/Try_Saying_Something_Else_Understood.pdf

SEL Activity- What I Can Say Instead by Understood.

https://assets.ctfassets.net/p0qf7j048i0q/40RSSYU3EB1vJ5YHYxNHj/78bd6803f3c72ccd35eb0088a31db859/What_I_Can_Say_Instead_Understood.pdf

Hands on Activity to Identify Your Child's Strengths by Understood.

https://assets.ctfassets.net/p0qf7j048i0q/972a63a8a93943fcaefe57e515a6b1b7_en-US/ee04ef290e19a536b9803acf49f206c4/Download-_Identify_Child_Strengths.pdf

SEL Activity- How to Make an Accomplishment Box by Understood.

https://assets.ctfassets.net/p0qf7j048i0q/36R8Wpo0WlzUlwDsxLALvV/574b7ea0302403c3b7f990b14942e3fb/Your_Child___s_Accomplishment_Box_Starter_Kit_Understood.pdf

SEL games for kids ages 5 and up by Confident Parents Confident Kids.

<https://confidentparentsconfidentkids.org/kid-resources/games/>

Exploration activity for kids by Confident Parents Confident Kids. This activity centers SEL while also allowing students to learn about different cultures.

<https://confidentparentsconfidentkids.org/kid-resources/global-exploration/>

Picture books that promote social and emotional learning by Confident Parents Confident Kids.

<https://confidentparentsconfidentkids.org/kid-resources/picturebooks/>

At Home Learning (English/Spanish):

Prek- Kinder SEL at Home Activities Google slides- Dallas Independent School District

https://docs.google.com/presentation/d/1dNs0gmJaJY3VSrPbrPtwY3tpU-xTTKRdkto6yYvaY-U/edit#slide=id.g8939b93087_0_73

1st & 2nd SEL at Home Activities Google slides- Dallas Independent School District

<https://sites.google.com/dallasisd.org/athomelearningplans/helpful-parent-resources/social-and-emotional-learning>

3rd & 5th SEL at Home Activities Google slides- Dallas Independent School District

https://docs.google.com/presentation/d/1t_G6tpWyyEups-Zqfm9xgAVtZ0Ai69N5HCYPr_g8lpAg/edit#slide=id.g724df297f1_2_175

Middle School SEL at Home Activities Google slides- Dallas Independent School District

https://docs.google.com/presentation/d/1IGBx6PzqDRn4edVlriZCsqTJ0ZDI4mqxg_2eTQfCDJQ/edit#slide=id.g724df297f1_2_175

High School SEL at Home Activities Google slides- Dallas Independent School District

https://docs.google.com/presentation/d/1FkxkdPT1Yc4bFfAybJooLOkWueKr_R55KofoMAiBbP0/edit#slide=id.g724df297f1_2_175

Para Estudiantes (Español):

Aprendizaje Social y Emocional (ASE) hecho por Resilience, Inc. Este curso introducirá a los estudiantes al concepto de gratitud, se discutirá la importancia de mantener una mentalidad agradecida y se realizarán actividades para aprender cómo aplicar este concepto.

<https://mylearningtools.org/spanish-gratitude-espanol-gratitud/>

Aprendizaje Social y Emocional (ASE) hecho por Resilience. Este curso introducirá a los estudiantes al concepto de cómo manejar la ira. Los estudiantes podrán describir el término enojo, identificar el enojo como una emoción secundaria y practicar técnicas para manejar el enojo de una manera positiva.

<https://mylearningtools.org/spanish-managing-anger-ira-de-gestion-espanola/>

Aprendizaje Social y Emocional (ASE) hecho por Resilience. Este curso introducirá a los estudiantes al concepto de Mindfulness. Los estudiantes podrán identificar la definición de Mindfulness y participar en diversas técnicas para practicarlo en su vida diaria.

<https://mylearningtools.org/spanish-mindfulness-mindfulness-espanola/>

15 Preguntas Sobre la Mentalidad de Crecimiento hecho por Understood.

https://assets.ctfassets.net/p0qf7j048i0q/4uEbzmrdWrD7ul3Wn4H5i6/0d79176c24485173b5b9a1b61e405846/15_preguntas_sobre_la_mentalidad_de_crecimiento_Understood.pdf

Actividad SEL- Por Que Puedo Hacer Esto hecho por Understood.

https://assets.ctfassets.net/p0qf7j048i0q/3nQImZvDfIZUVQcOXCqIhS/65e4bf33eec0b77c641c9b3aecda3529/Por_qu_puedo_hacer_esto_Understood.pdf

Plan de Acción para una Mentalidad de Crecimiento hecho por Understood.

https://assets.ctfassets.net/p0qf7j048i0q/5xBn4uA34HD18svCibWj2X/f5e1ea2af0f9213d0c100185672f012c/Plan_de_accion_para_la_mentalidad_de_crecimiento_Understood.pdf

Actividad SEL- Trata de Decir Algo Diferente hecho por Understood.

https://assets.ctfassets.net/p0qf7j048i0q/i4kkh78TNSTIEf38j9Sqc/b3c752e84046ee75c11197e3594f30d7/Trata_de_decir_algo_diferente_Understood.pdf

Actividad SEL- Que Otra Cosa Puedo Decir hecho por Understood.

https://assets.ctfassets.net/p0qf7j048i0q/5cTQDwoZ4sWb4IsbpwqBWL/ae352737b6ef0409eb779b2caacbac30/Qu_otra_cosa_puedo_decir_Understood.pdf

Actividad SEL- Cadena de Fortalezas para su Hijo hecho por Understood.

https://assets.ctfassets.net/p0qf7j048i0q/3VKGTEpkssIDCFalHjYGVF/5f4c7839cb26a8c695d59f9694370779/Cadena_de_fortalezas_para_su_hijo_Understood.pdf

Actividad SEL- Como Hacer Una Caja de Logros hecho por Understood.

https://assets.ctfassets.net/p0qf7j048i0q/3Uuw64zUgbmFNfRcPZvW1D/12f9e3aa530c9f97c26aa8244000a5f6/La_Caja_de_Logros_de_su_Hijo_Understood.pdf

