SEL Resources for Schools

Recognizing the impact that a student's mental health has on learning and achievement, schools can play an important role in promoting mental health and well-being for all students. In addition to providing support for students who are at risk or already demonstrating mental health challenges, "schools are most commonly identified as the best place to provide support to promote universal mental health of children." [(CASEL SAMHSA Connecting Social and Emotional Learning with Mental Health, 2008)](#)

As schools and districts become more intentional in their focus on mental health promotion, more districts in the United States and internationally are prioritizing social emotional learning (SEL) in all aspects of learning and school. The research on the impact of SEL is compelling. Students participating in SEL programs demonstrate increased academic performance, improved classroom behavior, increased resilience and coping skills to help manage stress and depression, better attitudes about themselves and others, and fewer behavioral problems. The skills and strategies that children and youth gain through SEL have also been shown to increase protective factors and reduce risk factors associated with suicide (AAS & SPTS, 2012).

Evidence-based SEL programming can be implemented in the school setting to address the needs of all students while complementing the district mental health systems and school services for children and youth at risk for or currently experiencing mental health problems. By building skills needed to promote mental health and well-being, schools can provide for "upstream prevention" of youth suicide. Upstream prevention is defined as "approaches that reduce risk factors or enhance protective processes that influence the likelihood that a young person will become suicidal" (AAS & SPTS, 2012, p. 1). Further, by implementing SEL in schools, educators can become more aware of and more skilled in identifying and responding to mental health issues when the behavior first presents itself.

Below is a list of resources to help schools and districts build a supportive framework for SEL and prepare for a strategic and systemic SEL implementation plan that promotes mental health through students' skill development and by creating a positive school climate and learning environment.

Samples of Working Frameworks Created by School Districts

[Austin Independent School District](#)
[Austin Independent School District Implementation Guide](#)
[Austin Independent School District Seed Model Campus](#)
In the Austin Independent School District (AISD) is one of the first districts in the country to commit to the development of the whole child by incorporating SEL. The district's SEL department is working to establish equity-centered systems and structures which is adopted from CASEL's transformative SEL definition. The SEL department includes the following teams: cultural proficiency and inclusiveness, families as partners, restorative practices, and social & emotional learning. AISD implemented SEL by rolling out systems and strategies through the district's vertical team structure. (Vertical teams consist of a high school and all of its feeder middle and elementary schools.) As of 2015-16, all schools in the district are officially implementing SEL. Each campus has an assigned SEL specialist who supports implementation on campus by providing PD, observing lessons and giving feedback on explicit instruction, and integration of SEL skills and concepts into academic instruction. Specialists work closely with campus administration and facilitators to develop SEL goals and action plan with the steering committee. Additionally, the district created a cohort model to bring educators across the district together across different schools as schoolwide SEL is being implemented across campuses.

[Chicago Public Schools](#)
[Chicago Public Schools Office of Social Emotional Learning](#)
[Chicago Public Schools Our Five -Year Vision: 2019-2024](#)
Chicago Public Schools (CPS) has worked in partnership with CASEL for 20 years to implement SEL practices in its schools serving as a model for what large urban districts can accomplish. The Office of SEL works with schools and networks to establish multi-tiered systems of support (MTSS) for students' social, emotional, and behavioral development. District leaders have integrated SEL into the district's vision and core school improvement processes. SEL provides a framework for improving school climate, mental health services, discipline practices, and academic engagement.

Supporting Districts in Developing A Working Framework for SEL

[CASEL District Resource Center](#)
[CASEL Guide to Schoolwide SEL](#)
[CASEL SEL and Assessment](#)

This guide provides a collaborative implementation process for school and districts who are looking to get started. Systemic SEL requires a systemic approach evidenced by the Ten Indicators of SEL and a Needs and Resources Inventory. To help educators understand SEL assessment and build a foundation for continuous improvement, the SEL and Assessment page summarizes what frameworks are, describes specific frameworks, explore ways to compare and align frameworks, and examine critical topics to help school, district, and state teams guide the implementation and continuous improvement of preschool to high school SEL programming and practice.

[Kaiser Permanente Thriving Schools](#)
[Kaiser Permanente Thriving Schools Resilience in School Environments](#)
Kaiser Permanente provides a variety of tools and resources to guide districts in evaluating their schools' efforts and develop new initiatives. Kaiser Permanente Thriving Schools developed Resilience in School Environments (RISE), working in partnership with schools and districts to create safe and supportive learning environments by cultivating practices that strengthen the social and emotional health of all school employees and students.

[Panorama Education](#)
[Panorama Education Adult SEL Toolkit for 2020-21](#)
Panorama helps school and districts support student and adult SEL with research-backed surveys and actionable data reports. Schools are empowered to make data-based decisions when measuring perceptions, identifying strengths, analyzing results, and applying interventions and strategies that can include any evidence-based SEL curriculum being implemented. The Adult SEL Toolkit includes measurement and professional development resources for educators and school administrators.

[Sanford Harmony Program Common Core and CASEL Alignment Guide, Grade K-6](#)
Based at National University, the Sanford Harmony Program uses the 2013 CASEL Guide: Effective Social and Emotional Learning Programs (Preschool and Elementary School Edition) as a framework for evaluating effectiveness and guiding objectives. This guide summarizes each of the five CASEL competencies and explains how they correspond with Common Core State Standards and specific Harmony objectives for grade levels K-6.

SEL Resources for Teachers and Families

[California Department of Education Social and Emotional Support During Distance Learning](#)
Guidance and resources for educators, educational leaders, and families/guardians in kindergarten through grade 12 (K–12) schools, to provide a range of SEL support options during distance learning.

[California Department of Education (CDE) Social and Emotional Learning in California: A Guide to Resources](#)
This guide provides educators and practitioners with high-quality vetted resources to support the SEL implementation and are aligned with the California SEL Guiding Principles. Highlighting toolkits and online resource centers, multiple resources offer guidance on a systemic approach to SEL implementation and continuous improvement processes in a variety of educational settings.

[Character Lab](#)
Character Lab is a nonprofit organization that connects researchers with educators to create greater knowledge about the conditions that lead to social, emotional, academic, and physical well-being for young people. Includes a series of Playbooks (research based guides) for students and actionable advice based on science for parents and teachers.

[Institute for Social Emotional Learning Resources for Distance Learning](#)
A curated list of K-12 curriculum materials, articles, blogs, and other resources to empower educators to support social emotional health and well-being of students, educators, parents, and families in the school community. Since 2009, IFSEL designs and leads professional development institutes, workshops, and consultations in schools in the United States and abroad.

[Responsive Classroom Graphic Organizers](#)
Graphic organizers for K-8 teachers to use in their lesson and curriculum planning.

[Responsive Classroom Planning Guides](#)
Planning guide templates for K-8 teachers to use in their preparation and planning

Second Step COVID-19 Response Resources for Educators and Families
Resources to help K-8 educators plan for a successful Second Step implementation at schools who are teaching remotely, in-person or with a hybrid model. Includes 1) suggested implementation plan, summaries of new back-to-school supports, and advice on how to prioritize content to meet the needs of student and staff when time is limited. Also includes free resources for educators and families.

Evidence-based SEL Programs

CASEL Guide: Effective Social and Emotional Learning Programs – Preschool and Elementary School Edition
2015 CASEL Guide: Effective Social and Emotional Learning Programs – Middle and High School Edition
These frequently accessed resource guides provide a systematic framework for evaluating the quality of classroom-based SEL programs. It uses this framework to rate and identify well-designed, evidence-based SEL programs with potential for broad

dissemination to schools across the United States. The primary goal of the guide is to give educators information for selecting andimplementing SEL programs in their districts and schools. Both guides share best-practice guidelines for educators to select and implement SEL programs in their districts and schools. A new edition of the program guide will be published in Spring 2021.

HEARD Alliance SEL Resources
In the SEL section of the HEARD Alliance K-12 Toolkit for Mental Health Promotion and Suicide Prevention, educators will find information on the importance of SEL in mental health promotion and suicide prevention. Includes unique resources such as a list of SEL skills that help to promote mental health, a map of SEL on a K-12 school campus, and samples of evidence-based SEL programs.

Wallace Foundation Navigating SEL From the Inside Out Looking Inside & Across 25 Leading SEL Programs: A Practical Resource for Schools and OST Providers (Elementary School Focus)
This report was designed to help schools and program leaders look inside different programs and see what makes them different from one another, to help choose the program that best suits their needs. This report builds upon and complements other existing tools in the field (e.g., the CASEL Guide) to provide a more in-depth content analysis of leading SEL and character education

programs.

Resources for SEL Evaluation

CASEL SEL Assessment Guide

This assessment guide provides several resources for leaders and implementation team in preK-12th grade settings who are making decision about selecting and using measures of student SEL. This includes guidance on how to select an assessment and use student SEL competency data, a catalog from which to select assessments, equipped with filters and bookmarking, and real-world accounts of how practitioners are using these data.

Panorama Education SEL Dashboards
Panorama Education SEL Surveys
Panorama Education features the range of visual dashboards available to schools and districts: MTSS and RTI Reporting, Student Voice & Surveys, Social-Emotional Learning, District-Wide Reporting, Equity, and College and Career Readiness. Additional SEL resources include student survey measures in the classroom, school, and district and teachers' perception measures of individual students' SEL skills. Recommended measures in Spanish are also available.

Resources for Reopening Schools

CASEL Refocus on the SEL Roadmap Actions for A Successful Second Semester
CASEL Reunite, Review, and Thrive: Social and Emotional Learning Roadmap for Reopening School
More than 40 organizations have come together to produce this roadmap to support the return to school with equity-focused SEL strategies centered on relationships and built on the existing strengths of a school community. Schools can use these four SEL Critical Practices to foster the competencies and learning environments that students and adults need to reunite, renew, and thrive.

Harvard T.H. Chan School of Public Health Schools for Health: Risk Reduction Strategies for Reopening Schools
A comprehensive guide to help schools establish policies and procedures to establish and reinforce a culture of health, safety, and shared responsibility. These are recommendations developed by a team focused on healthy buildings, exposure, and risk science to present a range of control strategies that should be considered in discussions of school re-openings. Schools should adopt and adapt these recommendations to best fit their unique situation.

[CASEL SAMHSA Connecting SEL With Mental Health](#)
Prepared by CASEL, this special report provides an excellent summary for educators and practitioners interested in understanding the critical importance of SEL and its profound impact on the mental health and well-being of children and youth.