Social Emotional Learning Resources

TOOLS

1. **Feelings Thermometer**
   Feelings Thermometer
   https://do2learn.com/activities/SocialSkills/Stress/Anger-Anxiety-Thermometer.pdf
2. **Student Check List**
   https://www.teachthought.com/pedagogy/simple-checklist-can-improve-learning/
3. **Noise Canceling Headphones**
   http://learningabledkids.info/assistive-technology/assistive-technology-for-executive-functioning/noise-cancelling-headphones/

ACTIVITIES

1. **Coping Strategies – Managing Emotions**
   https://www.morningsidecenter.org/teachable-moment/lessons/coping-strategies-managing-feelings
2. **Social Stories**
   https://www.pbisworld.com/tier-2/social-stories/
3. **Journaling**
   https://extension2.missouri.edu/gh6150
4. **Perspective Taking**
   https://do2learn.com/activities/SocialSkills/WhatsYourTake/WhatsYourTakeWorkSheet.pdf
5. **Peer Sharing -** In this activity students have the opportunity to share thoughts and feelings within a safe and structured environment. Listening skills are taught and practiced

STRATEGIES

Managing Strong Emotions

1. **Check-in/out**
   https://www.pbis.org/resource/check-in-check-out-a-targeted-intervention
   CheckinCheckOutBehaviorSheet-1.pdf
   Tip-Sheet-Check-In-Check-Out.pdf
2. **Behavior Contract**
   https://www.interventioncentral.org/sites/default/files/pdfs/pdfs_interventions/beh_contract_example.pdf **(Middle and High School)**
   https://www.pbisworld.com/tier-2/behavior-contract/
3. **Alternatives to Suspension**
   https://www.pbisworld.com/tier-3/alternatives-to-suspension/
4. **Teaching Coping Skills**
   https://www.pbisworld.com/tier-1/teach-coping-skills/
5. **Feelings Chart**
   http://www.child-behavior-guide.com/feelings-chart.html
   Feelings Chart
   Feelings Chart 2
6. **Calm Down**
   https://www.verywellmind.com/ways-to-calm-down-quickly-when-overwhelmed-3145197
7. **Choices**
   https://www.pbisworld.com/tier-1/give-choices/

Attendance

1. **Attendance Groups**
   https://classroom.synonym.com/use-counseling-improve-school-attendance-8423643.html
   https://mrsbellthecraftycounselor.com/2022/08/student-attendance-intervention/

2. **Attendance Buddies**
   https://www.attendanceworks.org/resources/toolkits/the-power-of-positive-connections-toolkit/tools-for-people/
3. **Recognizing and Rewarding Attendance**
   https://www.pbisrewards.com/blog/using-pbis-improve-attendance/

Organization

1. **Organization Contract -** In order to help students with organization of their materials, try writing a contract with the student specifying that he/she must have the materials necessary for specified activities
2. **Materials Checklist –** Having students develop a materials checklist can help with planning and organization.

Self-Regulation/Focus

1. **Busy Hands -** For students who are easily distracted, allowing them to fidget with their hands (in a non-disruptive way) can actually help them to maintain focus.
2. **Alternative Seating at Desk**
   https://www.edutopia.org/blog/flexible-seating-student-centered-classroom-kayla-delzer
3. **Self- Monitoring Tracking System -** Teachers can use a self-monitoring tracking system to assist students in tracking and improving target behaviors.
4. **Tackling Low Motivation (Middle and High School)**
   https://www2.ed.gov/parents/academic/help/adolescence/partx4.html
5. **Behavior Chart/Log**
   [Sample Behavior Log](#)
6. **Break down Assignments-** This is a strategy which involves breaking up larger tasks to make them more manageable for students who have difficulty staying on task or completing assignments
7. **Start Commands (Managing Transitions)**
   https://www.pbisworld.com/tier-1/start-commands/
8. **Breaks**
   https://www.pbisworld.com/tier-3/breaks/
   https://www.pbisworld.com/tier-1/start-commands/

Mindfulness

1. **Mindfulness - Test Preparation -** Mindfulness is a type of reflective meditation that can help students who are struggling with behavioral and executive functioning issues. This strategy should be used as preparation for any type of assessment situation to improve student outcomes and increase positive results

2. **Mindfulness in the Classroom**
   https://cft.vanderbilt.edu/guides-sub-pages/contemplative-pedagogy/
   https://www.edutopia.org/topic/mindfulness

Social Skills and Problem Solving

1. **Collaborative Problem Solving**
   https://thinkkids.org/cps-overview/
2. **Tucker Turtle Technique**
   https://challengingbehavior.org/docs/TuckerTurtle_Story.pdf
3. **Social Skills Role Play**
   https://www.edutopia.org/blog/role-play-sel-teaching-tool-kristin-stuart-valdes
   https://www.understood.org/en/articles/social-situations-to-role-play-with-your-middle-schooler
   https://www.understood.org/en/articles/4-social-situations-to-role-play-with-your-child
4. **Stop, Walk, and Talk**
   https://www.pbisworld.com/tier-1/stop-walk-talk-strategy/
5. **Positive Peer Reporting**
   https://www.interventioncentral.org/behavioral-interventions/schoolwide-classroommgmt/positive-peer-reports-changing-negative-behaviors-
6. **Teach Substitute Words**
   https://www.pbisworld.com/tier-1/teach-substitute-words/

7. **Self- Reflection Journaling -** Teaching students who are disruptive in class or struggle with social skills to reflect on how their behavior affects others can help them improve their behavior.

Effective Communication for Adults

1. **Calm Voices – Calmer Kids**

https://childmind.org/article/calm-voices-calmer-kids/

Substance Abuse/Vaping

1. **Tips for Teens – The truth about E-Cigarettes**
   https://store.samhsa.gov/sites/default/files/d7/priv/pep19-12.pdf
2. **Reducing Vaping Among Youth and Young Adults**
   https://store.samhsa.gov/sites/default/files/pep20-06-01-003.pdf
3. **New York Center for School Health**
   https://www.schoolhealthny.com/site/default.aspx?PageType=3&ModuleInstanceID=195&ViewID=7b97f7ed-8e5e-4120-848f-a8b4987d588f&RenderLoc=0&FlexDataID=324&PageID=139

Suicide Prevention

1. **Mental Health Resources for Educators**
   MentalHealthResourcesforEducators.pdf
2. **NYSED Guide for Suicide Prevention for School Personnel**
   GuideforSuicidePreventionforSchoolPersonnel2.7.22.pdf
3. **What Every Teacher Needs To Know: recognizing Suicide Risk in Students**
   Recognizing Suicide Risk in Students.pdf

Addressing Trauma/A Trauma Informed Approach

1. **Resource Guide – Trauma Informed Care**

https://www.crisisprevention.com/CPI/media/Media/download/PDF_TIC
RG.pdf?_gl=1*ta49wd*_gcl_au*MTgyMzc3NDgxNi4xNjgzMDMyNTY

2. **6 Principals to a Trauma Informed Approach to School**
   PDF_TIAED - trauma.pdf
3. **Integrating a Trauma- informed Approach within an PBIS Framework**
   Integrating a Trauma-Informed Approach within a PBIS Framework.pdf
4. **Integrating Trauma Informed Support in MTSS (SCTG Webinar)**
   https://www.pbis.org/video/integrating-trauma-informed-support-in-
   mtss-sctg-webinar

Harmony (Programs can also be accessed in the Branching Minds Platform)

https://online.harmonysel.org/

The Harmony Website houses SEL Programs to Support student's Pre-K – 12th grade. The site breaks down lessons into the following Units:

1. **Diversity and Inclusion**
2. **Empathy and Critical Thinking**
3. **Communication**
4. **Problem Solving**
5. **Peer Relationships**

7mindsets SEL Resources

https://www.7mindsetsportal.com/

1. **SEL Activities**
   https://www.7mindsetsportal.com/resources/?post_type=resources&loo
   king_for=activities&about=&age_group=&s=
1. **Games**
   https://www.7mindsetsportal.com/resources/?post_type=resources&loo
   king_for=games&about=&age_group=&s=
2. **Ice- Breakers**
   https://www.7mindsetsportal.com/resources/?post_type=resources&loo
   king_for=ice-breakers&about=&age_group=&s=
3. **Journal Prompts**

https://www.7mindsetsportal.com/resources/?post_type=resources&looking_for=journal-prompts&about=&age_group=&s=

4. **Books**
   https://www.7mindsetsportal.com/resources/?post_type=resources&looking_for=books&about=&age_group=&s=

5. **Videos**
   https://www.7mindsetsportal.com/resources/?post_type=resources&looking_for=videos&about=&age_group=&s=

6. **Lessons**
   https://www.7mindsetsportal.com/resources/?post_type=resources&looking_for=lessons&about=&age_group=&s=

Restorative Justice/Practices

1. **What is Restorative Justice?**

   https://www.panoramaed.com/blog/restorative-practices-to-implement

2. **Restorative Practices Toolkit**

   https://go.panoramaed.com/thanks/restorative-practices-toolkit?submissionGuid=9c36c681-67de-4057-8403-826a48a348e5

3. **Restorative Practices – Tiered Support Guide**

   Restorative Practices 23-24.pdf