SOCIAL EMOTIONAL LEARNING (SEL) LESSONS FOR EDUCATORS MENU

Welcome to the San Benito County Office of Education SEL Lesson Menu — a dynamic collection of lessons designed to support students' social, emotional, and academic growth. Grounded in the CASEL Framework, this resource empowers educators to teach essential SEL skills in a way that is culturally responsive, developmentally appropriate, and tailored to the needs of our school communities.

WHAT IS THE CASEL FRAMEWORK?

The Collaborative for Academic, Social, and Emotional Learning (CASEL) identifies five core areas of social and emotional competence:

Self-Awareness
Self-Management
Social Awareness
Relationship Skills
Responsible Decision-Making

The CASEL Framework also highlights the importance of equitable learning environments and coordination across four key settings: classrooms, schools, families/caregivers, and communities. This whole-child, whole-community approach ensures that SEL is woven meaningfully into every aspect of the learning experience.

LESSON OPTIONS:

- *Circle of Control*
- *Communicating Effectively*
- *Conflict Resolution: Finding Solutions Together*
- *Coping Skills*
- *Building Self-Esteem*
- *Healthy Relationship Skills*
- *Name, Identity, and Social Emotional Learning*
- *Recognizing Bias and Microaggressions*
- *Responsible Decision Making*
- *Self Management*
- *Managing Emotions*
- *Gratitude*
- *Self Awareness - Personal Boundaries*
- *Self Awareness - Hygiene Habits*
- *Self Love and Motivation*
- *Self Management - Self Advocacy*
- *Self Management - Stress Management*
- *Social Media Safety*
- *Time Management and Procrastination*

CONTACT US

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San Benito County Office of Education

Engage, Encourage, Empower...Educate