

Social

Emotional

Learning



Resource Guide

July, 2020

This document was created to support SSD administrators and teachers who provide small group instruction to students who receive services in the area of social, emotional, and behavioral (SEB) skill deficits. This guide may also be used by Administrators and Area or Building Leadership Teams when exploring options for schoolwide SEL curriculums.

[Scope and Sequence](#)

[Competencies and Sub-Competencies](#)

[Teaching Resources Table of Contents](#)

[Back to Tiered Intervention Document](#)

[Back to top](#)

SCOPE AND SEQUENCE

The following resources will provide students with a continuum of essential social emotional skills including effective communication skills, understanding and managing emotions and behavior, establishing and maintaining positive relationships, and making safe and responsible decisions across multiple settings. Each teaching resource will align with one or more of the competencies and sub-competencies listed below. This alignment will support lesson planning that will directly address documented student learning needs.

All of the teaching resources listed below have undergone extensive research and analysis and are considered evidence-based. Most of the resources are endorsed by The Collaborative for Academic, Social, and Emotional Learning (CASEL) and listed in the [CASEL Guide](#). Administrators and teams are encouraged to use the [Intervention Selection Tool](#) when deciding what is best for students' instruction. CASEL also provides [guidelines for selecting evidence-based SEL programs](#) for districts and school-based teams.

These resources were selected to be supported by the SEB EPS Team and building level administrators. Only some training is deployed county-wide and some publishers/organizations execute their own training. Please contact your SEB EPS to inquire about training and/or support.

If there is a program not on the list that better meets the needs of the student/area/building, then training options would need to be sought through the publisher and supported by the building level administrator.

Materials are budgeted for and provided by administrators.

[Back to top](#)

Competency and Sub-Competency

Competency	Sub-Competency
SA. Self-Awareness	<ol style="list-style-type: none">1. SA.IE. Identify Emotions2. SA.RSL. Recognize Strengths/Limitations3. SA.ASP. Accurate Self-Perception4. SA.SC. Self Confidence5. SA.SE. Self Efficacy
SM. Self-Management	<ol style="list-style-type: none">1. SM.SC. Self Control2. SM.SM. Stress Management3. SM.GS. Goal Setting4. SM.OS. Organization Skills
SoA. Social Awareness	<ol style="list-style-type: none">1. SA.PT. Perspective Taking2. SA.RO. Respect for Others3. SA.RD. Respect for Diversity
IRS. Interpersonal/Relationship Skills	<ol style="list-style-type: none">1. IRS.SE. Social Engagement2. IRS.RB. Relationship Building3. RS.C. Collaboration
SRD. Safe and Responsible Decision Making Skills	<ol style="list-style-type: none">1. SRD.IP. Identify Problems2. SRD.AS. Analyze Situations3. SRD.SP. Solving Problems4. SRD.E. Evaluating5. SRD.R. Reflecting6. SRD.ER. Ethical Responsibility
C. Communication	<ol style="list-style-type: none">1. C.SA. Self-Advocacy2. C.SI. Social Interaction3. C.NC. Nonverbal Communication

TABLE OF CONTENTS

[Brainwise](#)

[Calm Classroom](#)

[PATHS and Emozi](#)

[School Connect](#)

[Second Step](#)

[Skillstreaming](#)

[SMARTS](#)

[Social Decision Making/Social Problem Solving](#)


[Social Thinking](#)

[Strong Kids](#)


[The S.P.A.R.K](#)

[WhyTry](#)


[Back to top](#)

<p>Second Step</p> 	<p>Second Step is a program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive. More than just a classroom curriculum, Second Step's holistic approach helps create a more empathetic society by providing education professionals, families, and the larger community with tools to enable them to take an active role in the social-emotional growth and safety of today's children.</p>
Level of Intervention	Tier 1 Schoolwide
Major Focus	Lessons focus on 4 main principles: making and keeping friends, solving problems, playing fairly, and taking responsibility.
CASEL Competency Focus	Self-awareness, self-management, Social awareness, Relationship skills, Responsible decision making
Website	https://www.secondstep.org/social-emotional-learning
Cost	\$4,500 full bundle (several pricing options)
Age/ Grade Levels	Pre-K-8
Length of Lesson	30-minute lesson segments
Research	Research Outcomes


[Back to top](#)

<p>Strong Kids</p> 	<p>The Strong Kids Social and Emotional Learning (SEL) programs consist of 12 carefully sequenced lessons that are designed for maximum impact on cognitive, affective, and social functioning within a relatively brief period of time.</p>
<p>Level of Intervention</p>	<p>Tier II and III</p>
<p>Age/ Grade Levels</p>	<p>Strong Start K-2 Strong Kids 3-5, 6-8 Strong Teens 9-12</p>
<p>Major Focus</p>	<p>Strong Kids teach the following 12 concepts: emotional strength, understanding feelings, understanding others feelings, dealing with anger, clear thinking, solving people problems, letting go of stress, positive living, creating strong and smart goals, finishing up.</p>
<p>CASEL Competency Alignment</p>	<p>Self Awareness Self Monitoring Social Awareness Interpersonal/Relationship Skills Safe and Responsible Decision Making Communication</p>
<p>Website</p>	<p>https://strongkidsresources.com/</p>
<p>Cost</p>	<p>\$53.97 Available at IRC</p>
<p>Length of Lesson</p>	<p>30-minute lesson segments</p>
<p>Research</p>	<p>Research Outcomes</p>


[Back to top](#)

<p>Brainwise</p> 	<p>The BrainWise program teaches 10 Wise Ways to understand complex concepts about the brain and why it is important to learn skills that help build connections to the prefrontal cortex/Wizard Brain. The program is divided into two stages, learning the 10 Wise Ways and practicing/using the 10 Wise Ways.</p> <p>Instructors receive scripted lesson plans, age-appropriate worksheets in English or Spanish, checklists, bookmarks, cards and posters for teaching and reinforcing the skills inside and outside the classroom.</p>
<p>Level of Intervention</p>	<p>Small group Tier II and III</p>
<p>Age/ Grade Levels</p>	<p>K-12</p>
<p>Major Focus</p>	<p>Students learn critical thinking skills (the 10 Wise Ways) that establish links to the executive functions and emotional regulation areas of the brain.</p>
<p>CASEL Competency Alignment</p>	<p>Self Awareness. Self Monitoring Responsible Decision Making</p>
<p>Website</p>	<p>https://www.brainwise-plc.org/</p>
<p>Cost</p>	<p>\$190 curriculum book and posters \$65 for optional supplemental materials Available at IRC</p>
<p>Length of Lesson</p>	<p>30-minute lesson segments</p>
<p>Research</p>	<p>Research Outcomes</p>


[Back to top](#)

<p>PATHS and Emozi</p> 	<p>The PATHS and Emozi programs bring students through each of the CASEL competencies in stages. Each unit is organized around one or more of the CASEL competencies, while integrating aspects from all five.</p> <p>To ensure continual reinforcement of key skills from the PATHS and Emozi programs, supplemental activities and a variety of at-home activities are included for parents and children to do together..</p>
Level of Intervention	Small group Tier II and III
Age/ Grade Levels	PATHS Pre-K-5 Emozi 6-8
Major Focus	Teaches skills to grow in the 5 domains of the CASEL competencies.
CASEL Competency Alignment	Self Awareness Self Monitoring Social Awareness Interpersonal/Relationship Skills Safe and Responsible Decision Making Communication
Website	https://pathsprogram.com/
Cost	Prices ranges from \$439-\$979 for 1 grade level curriculum order
Length of Lesson	30-minute lesson segments
Research	Research Outcomes


[Back to top](#)

School Connect 	School-Connect is a leading provider of high school social emotional learning (SEL) resource. School-Connect consists of 80 multimedia lessons designed to improve high school students' social, emotional, and academic skills and strengthen relationships among students and between students and teachers.
Level of Intervention	Small group Tier II and III
Age/ Grade Levels	9-12
Major Focus	Teaches skills to grow in the 5 domains of CASEL competencies.
CASEL Competency Alignment	Self Awareness Self Monitoring Social Awareness Interpersonal/Relationship Skills Safe and Responsible Decision Making Communication
Website	https://www.school-connect.net/about-us.html
Cost	Prices ranges from \$799 per 80 lessons or \$275.00 per 20 lessons order
Length of Lesson	30-minute lesson segments
Research	Research Outcomes

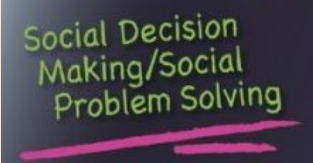
[Back to top](#)

 <p>SMARTS Online Executive Function Curriculum</p>	SMARTS empowers students by helping them understand their strengths and weaknesses and teaches them critically important executive function strategies.
Level of Intervention	Small group Tier II and III
Age/ Grade Levels	Elementary and Secondary
Major Focus	<p>Teaches executive function strategies to empower students to manage demanding academic school work, which empowers them to focus their effort and show what they know. When students use strategies effectively, they think and problem solve more flexibly.</p> <p>When students understand their learning profiles and use the SMARTS strategies to complete their homework and school work, they are more motivated to persist in the face of challenges.</p>
CASEL Competency Alignment	Self Awareness. Self Monitoring Safe and Responsible Decision Making
Website	https://smarts-ef.org/about/smarts/
Cost	Elementary \$575.00 and Secondary \$595.00 Elementary Secondary
Length of Lesson	30-minute lesson segments
Research	Research Outcomes

[Back to top](#)

<p style="text-align: center;">SPARK</p> 	<p>The S.P.A.R.K. mentoring resource uses age appropriate content and activities that have been proven to effectively reduce risk around high-school drop-out, drug use, bullying, suicide, depression and anxiety, while uncovering resiliency around academic success, impulse control, stress resistance, social-emotional skills and healthy relationships.</p> <p>These programs prepare students for the self-sufficiency and resiliency needed to become successful young adults.</p>
Level of Intervention	Small group Tier II and III
Age/ Grade Levels	children aged 6-10, pre-teens ages 10-13, and teens ages 13-22
Major Focus	<p>The S.P.A.R.K. program addresses the following risk and protective factors:</p> <ul style="list-style-type: none">Academic SuccessEmotional CompetencySelf-Efficacy SkillsCommunication SkillsConflict Resolution SkillsConnectedness to Family, School and Community
CASEL Competency Alignment	<ul style="list-style-type: none">Self AwarenessSelf MonitoringSocial AwarenessInterpersonal/Relationship SkillsSafe and Responsible Decision MakingCommunication
Website	https://sparkcurriculum.org/schools-group-training/
Cost	\$395.00 Ages 6-10 \$495 Ages 10-13 \$595 Ages 13-22 \$70 workbook price order
Length of Lesson	30-minute lesson segments
Research	Research Outcomes


[Back to top](#)

<p>Social Decision Making/Social Problem Solving</p> 	<p>The program uses a variety of cooperative learning methods, including small-group brainstorming, problem-solving, and role-playing activities. Students learn skills such as self-control, listening, respectful communication, giving and receiving help, and working cooperatively and fairly in groups.</p>
<p>Level of Intervention</p>	<p>Small group Tier II and III</p>
<p>Age/ Grade Levels</p>	<p>Grades K-8</p>
<p>Major Focus</p>	<p>SDM/SPS influences student behavior, academic learning, and social and emotional life. It promotes a multicultural perspective by building group cohesion, acceptance of differences, and the ability to understand different points of view</p>
<p>CASEL Competency Alignment</p>	<p>Self Awareness Self Monitoring Social Awareness Interpersonal/Relationship Skills. Safe and Responsible Decision Making Communication</p>
<p>Website</p>	<p>Social Decision Making/Social Problem Solving</p>
<p>Cost</p>	<p>4 Books (K-1, 2-3, 4-5, 6-8)=\$44.99 per book</p>
<p>Length of Lesson</p>	<p>10 min-30 min time frames</p>
<p>Research</p>	<p>Research Outcomes</p>


[Back to top](#)

<p>Skillstreaming</p> 	<p>Skillstreaming is a social-emotional learning program designed to help children and youth learn positive ways to have their needs met.</p> <p>Skillstreaming employs a four-part training approach—modeling, role-playing, performance feedback, and generalization—to teach essential prosocial skills.</p>
Level of Intervention	Tier II and III
Age/ Grade Levels	Skillstreaming Early Childhood Skillstreaming Elementary Skillstreaming Adolescent
Major Focus	Classroom Survival Skills Friendship-Making Skills Skills for Dealing with Feelings Skill Alternatives to Aggression Skills for Dealing with Stress
CASEL Competency Alignment	Self Awareness Self Monitoring Social Awareness Interpersonal/Relationship Skills Safe and Responsible Decision Making Communication
Website	https://www.skillstreaming.com/
Cost	\$49.99per book per age level with supplemental material ranging from \$14.00-\$129.99 Available at IRC Skillstreaming offers a video implementation training for \$129.99
Length of Lesson	30-minute lesson segments
Research	Research Outcomes


[Back to top](#)

<p>Social Thinking</p> 	<p>The Social Thinking methodology embraces what the literature tells us about working directly with individuals who have social learning challenges (e.g., ASD, Social Communication Disorder, ADHD, Learning Disabilities, Twice Exceptional, etc.) and promotes the use of visual supports, modeling, naturalistic teaching, and self-management. Also, the methodology is anchored to the research on how individuals evolve and develop to function in society. Social thinking teaches strategies to improve those social competencies vital to living a productive and fulfilled life.</p>
<p>Level of Intervention</p>	<p>Small group Tier II and III</p>
<p>Age/ Grade Levels</p>	<p>Ages 4-18</p>
<p>Major Focus</p>	<p>Evidence-based strategies to help people age 4 through adult improve their social competencies, including:</p> <ul style="list-style-type: none"> Self-regulation Social-emotional learning Executive functioning Perspective taking Social problem solving
<p>CASEL Competency Alignment</p>	<ul style="list-style-type: none"> Self Awareness Self Monitoring Social Awareness Interpersonal/Relationship Skills Safe and Responsible Decision Making Communication
<p>Website</p>	<p>All Social Thinking Resources SuperFlex Zones of Regulation</p>
<p>Cost</p>	<p>\$49.99-\$89.99</p>
<p>Length of Lesson</p>	<p>10 min-30 min time frames</p>
<p>Research</p>	<p>Research Outcomes</p>

[Back to top](#)

<p>WhyTry</p> 	<p>The WhyTry program teaches critical social and emotional life skills. The program helps students answer the question... why try? Why should I put effort into life, school, or work? The WhyTry strengths-based approach can help your students look at their challenges in life and school differently. WhyTry provides strategies to overcome challenges and make decisions that result in positive life outcomes.</p>
Level of Intervention	Small group Tier II and III
Age/ Grade Levels	Grades K-12
Major Focus	<p>The WhyTry curriculum utilizes a series of ten visual analogies that teach important life skills (e.g., decisions have consequences; dealing with peer pressure; obeying rules/; plugging in to support systems). The WhyTry curriculum engages all major learning styles (visual, auditory, and body-kinesthetic) and is a strengths-based approach that utilizes well established cognitive-based practices.</p>
CASEL Competency Alignment	<p>Self Awareness Self Monitoring Interpersonal/Relationship Skills Safe and Responsible Decision Making</p>
Website	WhyTry
Cost	\$550.00 Per License (includes training offered by WhyTry staff) order
Length of Lesson	30-minute lesson segments
Research	Research Outcomes

[Back to top](#)

Calm Classroom 	Calm Classroom is the largest provider of school-wide mindfulness programming in the United States. It empowers students and educators to cultivate peaceful, engaged school communities through the regular practice of structured and scripted mindfulness techniques that support mental and emotional well-being.
Level of Intervention	Small group Tier I, II, and III
Age/ Grade Levels	Pre K-12
Major Focus	<p>*Mindfulness-based techniques that provide skills to students and educators to create a healthier, more empowered learning environment.</p> <p><i>*With any mindfulness resource, it is important to be aware of how internal focus and breathing practices can impact students that have experienced and/or are currently experiencing trauma.</i></p>
CASEL Competency Alignment	Self Awareness Self Monitoring
Website	Calm Classroom
Cost	\$25.00-\$105.00 Order
Length of Lesson	3 min scripted mindfulness-based technique
Research	Research Outcomes

