NDE Social and Emotional Learning Resources for Educators and Leaders

SEL is a priority for schools, families, and communities given the impact of the global pandemic and societal instability on student mental health and wellbeing.[1,2] In addition to promoting student wellbeing, every educator knows that students are more successful academically when they can recognize and manage their own emotions, problem solve, persevere with challenging tasks, and collaborate respectfully with others. The science of learning and development confirms that *all* learning has "myriad social and emotional facets".[3,4] Research also tells us when students feel safe and affirmed in their classrooms they are much more likely to come to school and to achieve academically.[5] Indeed, the same is true for adults–when educators' social and emotional wellbeing is taken into account they are less likely to experience burnout and more able to build supportive relationships with students and families, leading to improved student behavior and academic achievement.[6,7]

Systemic SEL involves weaving SEL into all aspects of a student's educational experiences, learning settings, and school, district, and state policies. At the heart of systemic SEL are opportunities for adults and students to enhance their social and emotional competence and wellbeing. This can be done through:
- providing instruction in building social and emotional skills (such as recognizing and managing stress and problem solving);
- strategies for integrating SEL into academic instruction (opening activities, engagement strategies cooperative learning)
- fostering caring, supportive learning environments where all students feel supported and families feel welcomed (promoting equitable, trauma-informed conditions for learning, and family, community partnerships).

With intentionality, any educator can foster SEL in their classroom by adopting simple, flexible practices. The vetted resources below include practices that promote positive climate and culture and research-based competencies including self-awareness, self-management, social awareness, relationships skills, and responsible decision-making.

Many priorities compete for educators' time and efficiently identifying SEL practices that are effective and easy to understand is more important than ever. Free, turn-key resources that are well-suited for qualified classroom educators to use with minimal planning are labeled below as "★Grab and Go Resources." This resource bank also offers accessible, relevant tools for classroom educators and leaders, that may require slightly more planning, or be best explored as a team during professional learning. Each resource has a brief description and direct links to particularly helpful tools within each resource are provided as "Highlights."

RESOURCE and (DEVELOPER)	DESCRIPTION	HIGHLIGHTS
SEL PRACTICES FOR CLASSROOM EDUCATORS		
Greater Good in Education (Greater Good	A searchable, online collection of Pre-K-12 science‑based practices that "cultivate positive school cultures" and promote the cognitive, "social, emotional,	• SEL Kernels: developed by Harvard University's EASEL Lab, kernels are easy to use SEL-promoting activities organized into cognitive, emotional, interpersonal, character, and mindset strategies.

NDE Social and Emotional Learning Resources for Educators and Leaders

Science Center) ★**Grab and Go Resources**	and ethical development of students and the well-being of the adults who work with them."	• Integrating SEL into Academic Instruction: strategies for embedding SEL in academic content areas including general prosocial teaching strategies, Language Arts, Social Studies/history, Math, Art, and Music. • Trauma-informed (or trauma-sensitive) practices collection. • My Well-Being: Practices for cultivating the social and emotional well-being of school staff members.
Making Caring Common Project (Harvard University) ★**Grab and Go Resources**	Online strategies, resources, and other tools for leaders and classroom educators which promote care and concern for the common good at school, at home, and in communities. Resources can be filtered by topic.	• Everyday Gratitude Strategy (All grades) • Relationship Mapping Strategy (All grades) • Classroom check-in survey (grades 6-12) • Circle of Concern Strategy (grades 6-12)
SEL 3 Signature Practices Playbook (CASEL) ★**Grab and Go Resources**	Practical strategies, activities, and protocols for promoting SEL in any classroom, school, learning environment, or workplace using a simple framework of three signature practices. The practices help leaders and educators integrate SEL into the structure of the day/class, into academic lessons, in staff meetings, and professional learning.	The 3 Practices are: Welcoming inclusion activities; Engagement strategies; Optimistic Closures. • 2 page snapshot summary of 3 signature practices • Overview video of SEL 3 Signature Practices
Sample Teaching Activities to Support Core Competencies (CASEL) ★**Grab and Go Resource**	A guide to common strategies used to promote student SEL drawn from evidence-based programs.	Sample activities are organized into two types and suggestions for adaptation for older and younger students are provided: • free-standing lesson/instruction activities • ongoing teaching practices that are designed to promote environmental conditions that optimize student social and emotional development.

NDE Social and Emotional Learning Resources for Educators and Leaders

[Social and Emotional Learning Videos and Articles](#) (Edutopia)	Videos and articles showcasing systemic SEL and related best practices in schools and districts.	• [How Learning Happens Videos](#) video series produced in partnership with Learning Policy Institute and Turnaround for Children. Topics include: Cultivating a Belonging Mindset**;** Fostering Positive Relationships; Building Academic Confidence; Developing Foundational Skills; Establishing Positive Conditions for Learning. • [How a District Integrates SEL With Academics](#) (Article/Videos) • [How to Embed Social and Emotional Learning Into Your Middle and High School Instruction](#) (Article) • [Inside look at trauma-informed practices](#) (Article/Videos) • [SEL Begins with the Teacher](#) (Article)

ADDITIONAL RESOURCES FOR INTEGRATING SEL INTO THE SCHOOL DAY AND ACADEMIC INSTRUCTION

School-wide and Classroom Integration
- [Social and Emotional Learning Resources](#) (K-12) (ASCD)
- [Developmental Relationships Resources Hub](#) (K-12) (Search Institute)
- [Committee for Children Free Classroom Activities](#) (K-8) ★**Grab and Go Resources**
- [Three Keys to Infusing SEL Into What You Already Teach](#) (K-12) (Greater Good in Education Blog) ★**Grab and Go Resources**
- [Panorama Education Guides, Toolkits, and Survey Instruments](#) (K-12)
- [Ways That Social-Emotional Learning Can Be Integrated Throughout the School Day](#) Infographic (K-12) (Learning Policy Institute)
- [95 Resources for Teaching Social and Emotional Learning to Children](#) (Pre-K-12) (Teach.com)
- [26 Ways Teachers Can Integrate Social-Emotional Learning](#) (Pre-K–5) (We are Teachers) ★**Grab and Go Resources**

EXAMPLES:SEL and Academic Content Area Integration
- SCIENCE: [Instructional Practices that Integrate Equity Centered Social, Emotional, and Academic Learning](#) (Center to Improve Social and Emotional Learning and School Safety at WestEd)
- SOCIAL STUDIES: [Social and Emotional Learning in Middle School Social Studies Instruction](#) (CASEL)
- ENGLISH LANGUAGE ARTS: [English Language Arts and SEL Crosswalk](#) (Delaware Department of Education)
- PHYSICAL EDUCATION: [PE and SEL Crosswalk](#) (Free download) (SHAPE America)
- MATH: [Integrating Social and Emotional Learning and the Common Core State Standards for Mathematics](#) (Inside Mathematics)

EVIDENCE-BASED SEL CURRICULUM SELECTION FOR EXPLICIT SEL INSTRUCTION*

NDE Social and Emotional Learning Resources for Educators and Leaders

***** NDE does not have an approved list of SEL programs, but promotes the use of curriculum and approaches with a strong evidence base of effectiveness. Such programs can be found using the below tools.**
- CASEL Program Guide (CASEL): The CASEL Program Guide is designed to help educators and school administrators select an evidence-based SEL program that best meets the needs of their community. The Program Guide serves as a Consumer report-style online, interactive product that showcases in detail well-designed, evidence-based SEL programs (pre-kindergarten through high school) and the impact they have on student and/or teacher outcomes.
- Navigating Social and Emotional Learning from the Inside Out (EASEL Lab, Harvard Graduate School of Education) This updated and expanded guide to evidence-based SEL programs offers detailed information on 33 Pre-K through elementary school programs, encompassing curricular content and program highlights.
- Program Comparison Tool (NeMTSS) This tool helps schools and districts compare and evaluate behavior and social and emotional learning programs in order to make an informed decision about programs that may work well in their context.

Free, research-based SEL Curriculum
Harmony SEL (K-6 online SEL Curriculum from National University)
Kindness in the Classroom (K-12 downloadable curriculum)
World Bank SEL Curriculum (K-12 downloadable curriculum)

SCHOOLWIDE, SYSTEMS-FOCUSED SEL RESOURCES		
Guide to Schoolwide SEL Collaborative for Academic, Social, and Emotional Learning (CASEL)	A comprehensive online guide to adopting systemic, equity-focused schoolwide SEL as articulated by the Indicators of Schoolwide SEL. Guide includes hundreds of resources to implement the Schoolwide SEL Process.	- Three phase change process with Focus Areas: *Organize:* Focus Area 1A: Build Foundational Support and Focus Area 1B: Plan *Implement:* Focus Area 2: Strengthen Adult SEL; Focus Area 4: Promote SEL for Students *Improve:* Focus Area 4: Practice Continuous Improvement Key Introductory and Overview Resources - SEL 101: What are the core competencies and key settings (video) - Schoolwide SEL: Explicit SEL Instruction (video) - Schoolwide implementation rubric (downloadable document) - Indicators of School-wide SEL Walkthrough Protocol (downloadable document) Adult and student key resources: - Strengthen Adult SEL: Guidance for leaders to help support adult SEL competence and wellbeing.

		- Adult Personal Reflection Tool: strengths-based tool to self-assess SEL competencies and possible growth areas. - Promote SEL for Students: Guidance for leaders and classroom educators to promote a positive learning environment and SEL for students at the school and classroom levels. Highlights: - SCHOOL: Foster a Positive School Climate; Establish Discipline Policies that Promote SEL - CLASSROOM: A Supportive Classroom Climate; Integration of SEL and Academic Instruction Family and Community Partnership resources: - Family Partnerships: Resources for establishing school-family partnerships in support of SEL. - Community Partnerships: Resources to help schools identify or improve ways to partner with community organizations to promote SEL.
District Resource Center (CASEL)	Comprehensive guide to implementing district-wide SEL with hundreds of resources from school districts across the US.	- Three phase change process with Focus Areas: *Organize:* Focus Area 1: Build Foundational Support and Plan *Implement:* Focus Area 2: Strengthen Adult SEL Capacity and Competencies; Focus Area 3: Promote SEL for Students *Improve:* Focus Area 4: Reflect on Data for Continuous Improvement - Systemic, district-wide SEL implementation rubric
Social, Emotional, and Behavior Learning Resources (NeMTSS)	Downloadable Multi-tiered System Of Supports implementation tools, developed by University of Nebraska, Lincoln. The NeMTSS SEBL framework integrates SEL and Positive Behavior Intervention and Supports (PBIS) strategies.	- Social, Emotional, and Behavior Learning Rubric Support System from the NeMTSS Implementation Workbook. - PBIS/Pyramid Model/ CASEL SEL Crosswalk Overview - Social and Emotional Learning Implementation: Action Planning Bank *(Coming Soon)*

NDE Social and Emotional Learning Resources for Educators and Leaders

Turnaround for Children Toolbox (Turnaround for Children)	Online toolkit of evidence-based resources developed using the science of learning and development.	Whole-child design resources for leaders and classroom educators based on the Whole-child blueprint include (create free login for full access): ● Developmental Relationships tools ● Supportive Environment tools ● Knowledge, skill, and mindset building
PROFESSIONAL LEARNING RESOURCES FOR LEADERS AND EDUCATORS		

Social and Emotional Learning Behavioral Workshops
 	
(NeMTSS)
	SEBL specialists at the Nebraska Center for Research on Children, Youth, Families and Schools (CYFS) provide evidence-based professional development and implementation support to build educators' capacity to practice, teach and model SEBL competencies among adults and students to improve school climate, culture and learning.	● CYSS offers a series of three SEBL professional learning workshops.
		  ○ Workshop 1: Overview, Definitions, and Planning
		  ○ Workshop 2: Adult SEL
		  ○ Workshop 3: Student SEL
		  ○ Workshop 4: Continuous Improvement and tiered support facilitated workday
		● View a video overview of the workshop series and contact your region's Support Specialist to access the workshops

SEL Toolkits (Transforming Education)	A collection of professional learning toolkits promoting evidence-based SEL and SEL-aligned strategies.	● SEL for Educators Toolkit: 6 mini modules that promote interactive classroom SEL practices. Toolkit can be used for: individual learning, reflection, and practice; Professional Learning Communities (PLCs), staff meetings, professional development, and training sessions. The five practices are: Examine Identity; Explore emotions; Cultivate Compassionate Curiosity; Orient Toward Optimism; and Establish Balance and Boundaries. ● Trauma Informed SEL Toolkit: a 120-minute educator professional development session that provides research-based strategies to create a healthy classroom environment for students who have experienced adversities and trauma. Key trauma-informed SEL practices include: Creating Predictable Routines; Build Strong and Supportive Relationships; Empower Students' Agency; Support the Development of Self Regulation Skills; Provide Opportunities to Explore Community and Individual Identities.

		• Mindfulness, Self-Efficacy, Self-Management, Social Awareness, and Growth Mindset: 90 minute professional development toolkits. Toolkits include: a introduction to the topic and why it is important (presentation); video(s) of student, family, and educator perspectives; a range of strategies for integration into their teaching practice for all grade levels; a facilitators guide including an abbreviated guide for 45-minute professional learning session)
Mental Health Technology Transfer Center (MHTTC) Network	The SAMHSA-funded MHTTC Network provides technical assistance and training, creates and disseminates resources, and supports workforce development for the mental health field. MHTTC's School Mental Health Initiative, focuses on the implementation of mental health services in schools and school systems including supporting classroom educator practices.	• Adult Resilience Curriculum (ARC) for Educators | Mental Health Technology Transfer Center (MHTTC) Network (mhttcnetwork.org): 10 part, self-paced professional learning modules for adults to promote student mental health. • Classroom WISE: 3-part training package that assists K-12 classroom educators in supporting the mental health of students. • Mental Health Promotion For All (Tier 1) | University of Maryland School of Medicine (schoolmentalhealth.org): guidance to help school mental health systems advance the quality of their services and supports. This guide contains background information on mental health promotion services, best practices, possible action steps, examples from the field, and resources including school climate, equitable discipline practices, SEL, and adult wellbeing.
Inspire Teaching and Learning (National University)	Free, online 30-60 minute SEL professional learning on demand courses for Pre-K-12 educators.	Developing SEL Capacity Professional Learning Pathway includes (free login required): • Foundations of Social and Emotional Learning unit • Classroom Design and Instruction Unit • Inspired Leadership Unit
EDUCATOR WELLBEING AND SELF CARE		
• Self-Care Strategies for Educators During the Coronavirus Crisis: Supporting Personal Social and Emotional Well-Being (Center to Improve Social and Emotional Learning and School Safety at WestEd) • Educator Resilience and Trauma-Informed Self-Care (American Institutes for Research)		
SEL RESOURCES FOR SUPERINTENDENTS AND DISTRICT LEADERS		

NDE Social and Emotional Learning Resources for Educators and Leaders

- [Districtwide SEL Essentials For Superintendents: A Toolkit to Support District Leadership in Systemic Implementation of Social and Emotional Learning](#) (AASA and CASEL)
- [Integrating Social and Emotional Learning Throughout the School System](#) [A Compendium of Resources for District Leaders](#) (Center to Improve Social and Emotional Learning and School Safety at WestEd)
- [SEL MTSS Toolkit for State and District Leaders: Integrating Social and Emotional Learning within a Multi-tiered System of Supports to Advance Equity](#) (Council of Chief State School Officers (CCSSO))
- [SEL Playbook for Superintendents](#) (Panorama Education)

1. [Omaha health experts raise concerns of mental health in children and teens during pandemic](#)
2. [UPDATE: U.S. surgeon general warns of youth mental health crisis](#)
3. [Communicating the "Learning" in Social-Emotional Learning](#)
4. [The Brain Basis for Integrated Social, Emotional, and Academic Development](#)
5. [What We Know About Belonging from Scientific Research](#)
6. [Schonert-Reichl, Kimberly A. "Social and emotional learning and teachers." Future of Children 27, (2017): 137-155](#)
7. [The Prosocial Classroom: Teacher Social and Emotional Competence in Relation to Student and Classroom Outcomes - Patricia A. Jennings, Mark T. Greenberg, 2009](#)