



**CASEL CARES INITIATIVE**  
Connecting the SEL Community

## **Brainstorm: How We Can Best Support the Power and Purpose of the Teenage Brain**

### **PANELISTS' RECOMMENDED RESOURCES**

CASEL CARES Webinar: <https://casel.org/weekly-webinars/>

#### **From CASEL**

Section 3.1 of the [Reunite, Renew and Thrive: SEL Roadmap for Reopening School](#) elevates adult-student relationships

- CASEL Guide to Schoolwide SEL: Webpage on [belonging and emotional safety](#)
- Tool: [5-minute chats with students](#)
- Search Institute checklist: [building developmental relationships](#)

From the CASEL Guide to Schoolwide SEL, this [quick student survey](#) can help educators understand how students learn and their perceptions of the classroom climate, and this page focuses on [fostering academic mindsets](#).

#### **From Dr. Dan Siegel**

- [Brainstorm: The Power and the Purpose of the Teenage Brain](#) by Dr. Dan Siegel
- [The Age of Opportunity: Lessons from the New Science of Adolescence](#) by Lawrence Steinberg
- [The Developing Mind](#) by Dr. Dan Siegel
- [Wildhood: The Astounding Connections Between Human & Animal Adolescents](#) by Barbara Natterson Horowitz, M.D. and Kathryn Bowers
- Dr. Siegel's Mindsight Tools
  - [Name it to Tame it](#)
  - [Hand model of the Brain](#)