Cultivating Adult SEL in Unprecedented Times
PANELISTS’ RECOMMENDED RESOURCES

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

From CASEL

- **Abbreviated Adult self assessment** This tool provides a framework and process for staff to reflect on their own social and emotional growth.
- **CASEL District Resource Center** and its list of **Adult SEL Resources**

From Dr. Kimberly Schonert-Reichl, *University of British Columbia*

- **To Reach the Students, Teach the Teachers: A National Scan of Teacher Preparation and SEL**
- **Second Step Social-Emotional Learning for Adults**
- **Second Step SEL for Adults Resilience During Crisis Module**
- **Social Emotional Learning, It Starts with Adults**, blog series by Committee for Children (CfC)
- **SEL For Educators Toolkit** from Transforming Education focuses on the following objectives for:
  - Educators reflect on the importance and impact of their own social-emotional learning.
  - Educators learn Five High-Leverage Practices to support their own social-emotional development and well-being.
  - Using embedded activities, educators will deepen their understanding and strengthen their skills related to the Five High-Leverage Practices
- **Panorama Adult SEL Toolkit**
- **CARE Program for Teachers** (Cultivating Awareness and Resilience in Education)
- **SMART in Education** from PassageWorks (Stress Management and Relaxation Techniques in Education)