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 it’s 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)