



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)