



CASEL CARES INITIATIVE
Connecting the SEL Community

Permission To Feel for Kids: How Adults can Support Children in Managing Emotions During Challenging Times

PANELISTS' RECOMMENDED RESOURCES

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

From CASEL

(1) being culturally responsive and emotionally intelligent role models for children:

- **[Mindful Reflection Process for Developing Culturally Responsive Practices](#)** (Dray & Wisneski [2011], via Greater Good Science Center) This independent reflective practice guides educators to process a challenging interaction with a student by examining their own assumptions, prejudices, and biases and consider how they affect their interactions with and expectations of their students to develop more culturally and linguistically responsive approaches. (FROM CASEL SEL ROADMAP)
- **[Tool: Modeling SEL for Students](#)** ([CASEL Guide to Schoolwide SEL](#)). This tool provides an activity and examples to engage staff in reflection about how they will intentionally model SEL in their interactions with students as part of schoolwide implementation.

(2) helping children build a repertoire of healthy emotion regulation strategies to support their well-being and academic success:

- **[SEL Reflection Prompts](#)** (CASEL) This tool lists prompts that can be used in group or partner discussions, journals, or integrated into assignments to prompt student reflection aligned with the five SEL competency framework.
- **[Tool: Restorative Response Chart](#)** ([CASEL Guide to Schoolwide SEL](#)) This Restorative Responses Chart can be used to support teachers in reframing responses to challenging behavior with an SEL focus.
- **[Tool: Peace Area](#)** ([CASEL Guide to Schoolwide SEL](#)) This tool provides guidance for teaching students to use Peace Areas in the classroom.



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From Marc Brackett, PhD

- [Recently Authored Popular Press Articles](#)
- [The Emotion Scientist Blog](#)
- [Permission to Feel Virtual Book Club](#)
- [Mood Meter App](#)