

# ***Elementary SEL Practices***

Social-Emotional Learning Framework & Resources

## **The Mission**

The mission is to provide teachers with resources and best practices to infuse SEL into everyday learning. Below you will find a brief overview of the framework with resources and links relating to social-emotional learning.

## **CASEL Framework (Click title for link)**



## **What is the CASEL Framework?**

Social and emotional learning (SEL) enhances students' capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges. Like many similar frameworks, CASEL's integrated framework promotes intrapersonal, interpersonal, and cognitive competence. There are five core competencies that can be taught in many ways across many settings. Click on the buttons below for more information.


**CASEL Core Competencies**

## CASEL Cares

### CASEL Resources




CASEL Sample Teaching Activities.pdf

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CASEL SEL Reflection Prompts.pdf

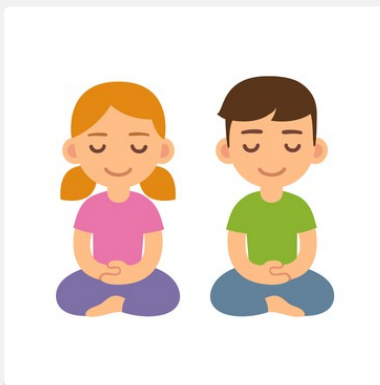
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CASEL 3 Signature Practices in the Classroom.pdf

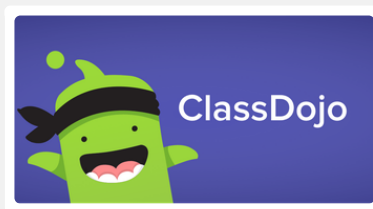
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### Mindfulness



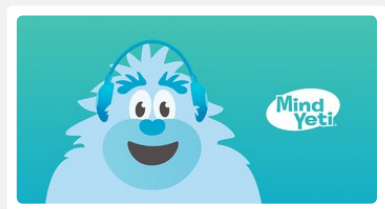
#### What is mindfulness?

[https://www.youtube.com/watch?time\\_continue=2&v=iBpEYa74w2Y&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=iBpEYa74w2Y&feature=emb_logo)



#### Class Dojo Mindfulness

<https://www.classdojo.com/mindfulness/>



#### Mind Yeti Mindfulness

<https://www.mindyeti.com/v2/s/pricing>



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Mindfulness-Activity-Tracker-9-Weeks.pdf



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## Perseverance



- 3 Great Videos for Teaching Perseverance: <https://www.sarahgardnerteaching.com/blog-roll/2018/9/24/3-great-videos-for-teaching-perseverance>
- Headspace Perseverance: [https://www.youtube.com/results?search\\_query=headspace+perseverance](https://www.youtube.com/results?search_query=headspace+perseverance)
- Class Dojo Mojo: <https://ideas.classdojo.com/>

## Emotional Check-Ins



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