

SEL SUPPORT MENU

LET US SUPPORT YOUR DISTRICT TOWARD FULL IMPLEMENTATION!

MODALITIES OF SUPPORT:

- Synchronous and Asynchronous Professional Learning Opportunities
- Facilitated Book Studies
- Meeting Facilitation
- Team Building Processes & Protocols
- Resource Support
- Coaching & Planning Support
- Customized On-site or Virtual Support as Requested

SEL IMPLEMENTATION: GUIDANCE AND RESOURCES:

- [Social-Emotional Learning: Essential for Learning, Essential for Life](#)
- [Social-Emotional Learning: Guide to Systemic Whole School Implementation](#)
- [NYS Social-Emotional Learning Benchmarks](#)
- [Recovering, Rebuilding and Renewing: The Spirit of New York's Schools](#)
- [SEL Resources for COVID-19](#)
- [Social & Emotional Learning Activities & Teaching Practices](#)
- [Collaborative for Academic, Social and Emotional Learning \(CASEL\)](#)

SEL OFFERINGS:

- Understanding the Five SEL Competencies
 - » Synchronous (60 minutes)
 - » Asynchronous (30 minutes)
- SEL in the Classroom
 - » Signature Practices (synchronous 60 – 90 minutes)
 - » Ten Teaching Practices for SEL Implementation (synchronous 60-90 minutes)
- SEL as a Lever for Equity (asynchronous learning module 3 hours, customizable to meet needs)
- Unpacking the SEL Benchmarks (customizable based on need and parameters)
- SEL for Leaders (each offering can be done synchronous or asynchronous)
 - » Understanding the Five Competencies
 - » Implementing SEL & the Signature Practices into Faculty Meetings
 - » Understanding Systemic Implementation of SEL
 - » Planning for Various Entry Points with Systemic SEL Implementation
 - » Facilitated Assessment of SEL Implementation with District Teams

SEL: MINDFULNESS & SELF CARE OFFERINGS:

- What is Mindfulness (synchronous 90 minutes, asynchronous 3 hour learning module)
- Mindfulness in the classroom: all content areas, fiction/nonfiction (synchronous 90 minutes, asynchronous 2 hours)
- Mindfulness & SEL (synchronous 90 minutes, asynchronous 3 hour learning module)
- Mindfulness for the Educator: Practices for Well-Being (synchronous 90 minutes, asynchronous 3 hour learning module)
- Mindful Communication (synchronous 90 minutes, asynchronous 3 hour learning module)
- Self-Care & Resilience (customizable for the audience based on need)
- Press Pause – Strategies to Disconnect Throughout Your Day (synchronous 60 minute, asynchronous 3 hour learning module)
- Trauma-informed Mindfulness (synchronous 1 hour, asynchronous 3 hours)
- Mid-week Mindfulness Wednesday Sessions – weekly 45- minute practice sessions
- Prioritizing Emotional Hygiene (synchronous 90 minutes, asynchronous 2 hours)
- SEL & Digital Citizenship (synchronous 90 minutes, asynchronous 2 hours)
- Culture Consumption through an SEL Lens (synchronous 90 minutes, asynchronous 2 hours)

ADDITIONAL SEL SUPPORT:

- SEL Leaders Network – monthly meetings
- Mindful Educator Network – monthly meetings
- SEL Committee Resource Drive
- Smore Newsletter focused on Mindfulness-Based SEL & Resilience Practices for adults and students – sent bi-weekly
- Faculty Meeting Materials focused on SEL Awareness Building. Customized materials for facilitating Faculty Meeting PD available upon request. These materials provide everything needed to facilitate 20-30 minutes PD sessions in a faculty meeting. Can be done virtually or in-person.