

Health Education

This toolkit is designed to support educators, families, and community members as they begin integrating SEL into Health Education, teaching practices or interactions with children. The resources found within this toolkit link the Delaware SEL Competencies for self-awareness, self-management, social awareness, relationship skills and responsible decision making to elementary and secondary education. These resources provide initial support and strategies for improving both teacher and student understanding of their social, emotional, and behavioral interactions and experiences in Health Education classrooms. To view the crosswalk between Health Education and the Delaware SEL Competencies go [here](#).

Health Education		
SEL Competency	Elementary	Secondary
<p>Self-Awareness</p> <p>1A. Demonstrate an awareness of one's own emotions.</p> <p>1D. Demonstrate a sense of personal responsibility and advocacy.</p> <p>1E. Identify external and community resources and supports.</p>	<p>https://why.pbslearningmedia.org/collection/core-competencies-SEL/- PBS provides practice classroom examples for SEL that can be integrated into any classroom environment.</p> <p>https://www.centervention.com/social-emotional-learning-activities/- Lessons focus on communication, cooperation, emotion regulation, empathy and impulse control. Ready to use activities for classroom and small group settings. Appropriate for elementary and middle school populations.</p> <p>https://www.classroomchampions.org/sel-foundations- Classroom Champions SEL Foundations Curriculum spans grades K-8 with eight thematic units: Goal Setting, Emotions, Community, Perseverance, Teamwork,</p>	<p>https://drive.google.com/drive/u/0/folders/1Hc8tsG7t-RWjjjZXUr_Uzo_I-S1YaJSO- Health and PE Google Drive has lessons for teaching mindfulness and stress reduction.</p> <p>https://www.classroomchampions.org/sel-foundations- Classroom Champions SEL Foundations Curriculum spans grades K-8 with eight thematic units: Goal Setting, Emotions, Community, Perseverance, Teamwork, Feedback, Healthy Living, and Leadership.</p> <p>https://www.varsitybrands.com/believe-in-you-social-emotional-learning- The Believe in You Social and Emotional Empowerment Program, designed around standard SEL competencies, provides free resources to help teachers facilitate SEL</p>

	<p>Feedback, Healthy Living, and Leadership.</p> <p>https://www.quavered.com/quaver-sel-elementary-curriculum/- Quaver SEL is a purchase product that has SEL lessons and curriculum for classroom instruction. They are also developing a curriculum for health education with an SEL focus that will be ready December 2021. (please be advised this is a purchase product)</p> <p>Mind Yeti - YouTube- Mind Yeti is a library of research-based guided mindfulness sessions that help kids and their adults calm their minds, focus their attention and connect to the world around them.</p>	<p>learning, as well as interactive Student Empowerment Journals and Staff Training for purchase.</p>
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<p>Self-Management</p> <p>2A. Understand and use strategies for managing one's own emotions and behaviors constructively.</p> <p>2B. Set, monitor, adapt, and evaluate one's own goals to achieve success in school and life.</p>	<p>https://why.pbslearningmedia.org/collection/core-competencies-SEL/- PBS provides practice classroom examples for SEL that can be integrated into any classroom environment.</p> <p>https://www.weareteachers.com/goal-setting-for-students/- Goal setting lesson for K-5</p> <p>https://www.centervention.com/social-emotional-learning-activities/- Lessons focus on communication, cooperation, emotion regulation, empathy and impulse control. Ready to use activities for classroom and small group settings. Appropriate for elementary and middle school populations.</p> <p>https://www.classroomchampions.org/sel-foundations- Classroom Champions SEL Foundations Curriculum spans grades K-8 with eight thematic units: Goal Setting, Emotions, Community, Perseverance, Teamwork, Feedback, Healthy Living, and Leadership.</p> <p>https://www.quavered.com/quaver-sel-elementary-curriculum/- Quaver SEL is a purchase product that has SEL lessons and curriculum for classroom instruction. They are also developing a curriculum for health</p>	<p>https://drive.google.com/drive/u/0/folders/1Hc8tsG7t-RWjIjZXUr_Uzo_I-S1YaJSO- Health and PE Google Drive has lessons for teaching mindfulness and stress reduction.</p> <p>https://www.classroomchampions.org/sel-foundations- Classroom Champions SEL Foundations Curriculum spans grades K-8 with eight thematic units: Goal Setting, Emotions, Community, Perseverance, Teamwork, Feedback, Healthy Living, and Leadership.</p> <p>https://www.varsitybrands.com/believe-in-you-social-emotional-learning- The Believe in You Social and Emotional Empowerment Program, designed around standard SEL competencies, provides free resources to help teachers facilitate SEL learning, as well as interactive Student Empowerment Journals and Staff Training for purchase.</p>
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<p>Social Awareness 3A. Demonstrate awareness and consideration of other people’s emotions, perspectives, and social cues. 3B. Exhibit civic responsibility in multiple settings.</p>	<p>https://why.pbslearningmedia.org/collection/core-competencies-SEL/- PBS provides practice classroom examples for SEL that can be integrated into any classroom environment.</p>	<p>https://www.centervention.com/social-emotional-learning-activities/- Lessons focus on communication, cooperation, emotion regulation, empathy and impulse control. Ready to use activities for classroom and small group settings. Appropriate for elementary</p>

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<p>Relationship Skills 4A. Use positive communication and social skills to interact effectively with others.</p>	<p>https://why.pbslearningmedia.org/collection/core-competencies-SEL/- PBS provides practice classroom examples for SEL that can be integrated into any classroom environment.</p> <p>https://www.centervention.com/social-emotional-learning-activities/- Lessons focus on communication, cooperation, emotion regulation, empathy and impulse control. Ready to use activities for classroom and small group settings. Appropriate for elementary and middle school populations.</p> <p>https://classroom.kidshealth.org/?WT.ac=ms_tab- Nemours and KidsHealth have lessons for elementary and secondary education that target empathy, getting along, healthy relationships, peer pressure and self-esteem.</p> <p>https://www.quavered.com/quaver-sel-elementary-curriculum/- Quaver SEL is a purchase product that has SEL lessons and curriculum for classroom instruction. They are also developing a curriculum for health education with an SEL focus</p>	<p>https://www.centervention.com/social-emotional-learning-activities/- Lessons focus on communication, cooperation, emotion regulation, empathy and impulse control. Ready to use activities for classroom and small group settings. Appropriate for elementary and middle school populations.</p> <p>https://classroom.kidshealth.org/?WT.ac=ms_tab- Nemours and KidsHealth have lessons for elementary and secondary education that target empathy, getting along, healthy relationships, peer pressure and self-esteem.</p> <p>https://www.varsitybrands.com/believe-in-you-social-emotional-learning/- The Believe in You Social and Emotional Empowerment Program, designed around standard SEL competencies, provides free resources to help teachers facilitate SEL learning, as well as interactive Student Empowerment Journals and Staff Training for purchase.</p>

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<p>Responsible Decision-Making 5A. Consider and use multiple factors in decision making, including ethical and safety factors, personal and community responsibilities, and short-term and long-term goals.</p>	<p>https://why.pbslearningmedia.org/collection/core-competencies-SEL/- PBS provides practice classroom examples for SEL that can be integrated into any classroom environment.</p> <p>https://www.classroomchampions.org/sel-foundations- Classroom Champions SEL Foundations Curriculum spans grades K-8 with eight thematic units: Goal Setting, Emotions, Community, Perseverance, Teamwork, Feedback, Healthy Living, and Leadership.</p> <p>https://www.quavered.com/quaver-sel-elementary-curriculum/- Quaver SEL is a purchase product that has SEL lessons and curriculum for classroom instruction. They are also developing a curriculum for health education with an SEL focus that will be ready December</p>	<p>https://www.classroomchampions.org/sel-foundations- Classroom Champions SEL Foundations Curriculum spans grades K-8 with eight thematic units: Goal Setting, Emotions, Community, Perseverance, Teamwork, Feedback, Healthy Living, and Leadership.</p> <p>https://www.varsitybrands.com/believe-in-you-social-emotional-learning- The Believe in You Social and Emotional Empowerment Program, designed around standard SEL competencies, provides free resources to help teachers facilitate SEL learning, as well as interactive Student Empowerment Journals and Staff Training for purchase.</p>

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