

# A SOCIAL EMOTIONAL LEARNING (SEL) TOOLKIT FOR SCHOOL COUNSELORS

## OVERVIEW

School counselors develop comprehensive programs focused on the academic, career and social emotional development of all students. School counseling programs are designed and delivered using a multi-tiered system of support (MTSS) framework. This framework consists of a school counseling curriculum for all students (**Tier 1**), small group counseling for some students (**Tier 2**) and individual advisement and referrals (**Tier 3**) directed at improving students' social emotional well-being.

While it is understood that the three domains (academic, career & social emotional) are intertwined, this toolkit is designed to provide school counselors with resources to specifically support social emotional learning. The resources selected address multiple SEL competencies and are broken down into two categories: elementary and secondary. Resources addressing specific competencies or grade levels (PreK to 12) can be found at the following links:

[Additional Elementary Resources](#)

[Additional Middle School Resources](#)

[Additional High School Resources](#)

Many of the resources contained in the linked documents can be adapted to deliver **Tier 1**, **Tier 2** and **Tier 3** interventions and/or include additional competencies.

*Note: All resources identified below are free, but the link contains both free and paid resources.*

## Elementary School Counselor Resources

Resource	SEL Competency				
	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
<b>Emotional Intelligence Activities &amp; Assessment Workbook (<a href="#">Grades K-2</a>) &amp; (<a href="#">Grades 3-5</a>)</b> <i>This resource contains multiple activities addressing skills that are critical for emotional well-being and life success. There are two separate workbooks in order to provide developmentally appropriate tools.</i> <b>Tier 1 – Tier 2 – Tier 3</b>	X	X	X	X	X
<b><a href="#">Mind Yeti</a></b> <i>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.</i> <b>Tier 1 – Tier 2 – Tier 3</b>	X	X		X	
<b>Kindness in the Classroom (<a href="#">Grades K-5</a>) &amp; (<a href="#">Grades 6-8</a>)</b> <i>Evidenced-based curriculum designed to help schools create a culture of kindness. Each unit teaches six core</i>	X	X	X	X	X

<p>kindness concepts: Respect, Caring, Inclusiveness, Integrity, Responsibility, and Courage.</p> <p><i>Tier 1</i></p>					
<p><a href="#"><u>Don't Laugh at Me Curriculum</u></a></p> <p>The curriculum includes nineteen (19) 45-minute classroom sessions focused on SEL skills. Lessons are written for use in grades 2-5 with modifications for K-1 and 6-Adult. Themes include: expressing feelings; building community; resolving conflict; and celebrating diversity.</p> <p><i>Tier 1</i></p>	X	X	X	X	X
<p><a href="#"><u>101 Ways to Teach Children Social Skills: Lessons &amp; Activities</u></a></p> <p>This book is divided into nine sections that comprise the major categories of social development. It can be used as the basis of a social skills curriculum, or as part of an educational or treatment plan to address specific social skills problems.</p> <p><i>Tier 1 – Tier 2</i></p>	X	X	X	X	X
<p><a href="#"><u>Emotional ABC's</u></a></p> <p>Free for school counselors, this is a skills-based curriculum that teaches foundational emotional skills. It includes a teacher guide, curriculum, workshops and print library.</p> <p><i>Tier 1 – Tier 2</i></p>	X	X	X	X	X
<p><a href="#"><u>SEL Kernels</u></a></p> <p>Kernels are specific activities or strategies that are commonly used by research-based programs to support the growth and development of social and emotional skills and competencies. They include a variety of activity types and instructional methods, such as games, routines, and storytelling. Each kernel includes adaptations and extension activities, as well as grade level differentiations when applicable.</p> <p><i>Tier 1 – Tier 2 – Tier 3</i></p>	X	X	X	X	X

## Secondary School Counselor Resources

Resource	SEL Competency				
	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
<p><a href="#"><u>Social Emotional Activities Workbook</u></a></p> <p>This workbook contains a variety of activities addressing each of the competency areas.</p> <p><i>Tier 1 – Tier 2 – Tier 3</i></p>	X	X	X	X	X
<p><a href="#"><u>Lessons for Teaching Self-Awareness &amp; Self-Management</u></a></p> <p>Each detailed lesson plan includes student objectives, materials, lesson opening, procedures, closure, and student evaluation.</p> <p><i>Tier 1 – Tier 2</i></p>	X	X			
<p><a href="#"><u>Don't Laugh at Me Curriculum</u></a></p> <p>The curriculum includes nineteen (19) 45-minute classroom sessions focused on SEL skills. Lessons are written for use in grades 2-5 with modifications for 6-Adult. Themes include: expressing feelings; building community; resolving conflict; and celebrating diversity.</p>	X	X	X	X	X

<i>Tier 1</i>					
<u>Everfi SEL</u> <i>EVERFI offers free digital SEL resources designed to equip students with skills like empathy, leadership, conflict resolution, self-awareness, and resilience.</i> <i>Tier 1 – Tier 2</i>	X	X	X	X	X
<u>Overcoming Obstacles: Life Skills Curriculum</u> <i>Includes over 60 engaging, standards-based lesson plans with objectives, time estimates, and activity sheets. Assessment questions and extension activities conclude each lesson.</i> <i>Tier 1</i>	X	X	X	X	X