

Social Awareness & Relationship Skills Toolkit

The following resources are designed to be a starting point for school staff, counselors, parents, and community members to begin embedding the Social Awareness & Relationships Skills social emotional competency into their teaching practices and interactions with children. This section highlights Social Awareness & Relationships Skills resources.

Elementary

Resource Name	Description	Link/ Location	Level
Supporting Social Awareness Lessons	Ideas for incorporating instruction in empathy, perspective taking, and social autopsies.	https://drive.google.com/file/d/1Vv38WdVGAKi3sRxuqiwxAp1RB88zuG4F/view?usp=sharing	Elementary
100+ Free SEL Resources	100 lessons, activities to download on social awareness, perspective taking, kindness, and many more SEL topics.	https://www.thepathway2success.com/free-social-emotional-learning-resources/	Elementary
Social Awareness Activities (Videos)	PBS Social Awareness videos and lessons	https://why.pbslearningmedia.org/subjects/preschool/social-and-emotional-development/social-development/initiation-of-social-interactions/	Elementary
PBS Relationship Skills Videos	Learn to help students develop key skills for successful relationships: communication, cooperation and conflict resolution. Educators can help students develop these skills by working together in groups and discussing roles. Parents can support their children by spending time with them and encouraging communication.	https://why.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/	Elementary

Secondary

Resource Name	Description	Link/ Location	Level
Examples of Social and Emotional Learning in High School English Language Arts Instruction	Strategies for integrating the SEL competencies into ELA Instruction	https://www.casel.org/wp-content/uploads/2017/08/SEL-in-High-School-ELA-8-20-17.pdf	Secondary
First Day of Class	Dartmouth Center for the Advancement of Learning shares strategies for building rapport with students and providing them with opportunities for them to get to know one another. Within this resource is a link to an Advice Guide on how to teach a good first day of class.	https://dcal.dartmouth.edu/resources/teaching-methods/first-day-class	Secondary

Elementary/Secondary

Resource Name	Description	Link/ Location	Level
Social Awareness Toolkit	Our free toolkit provides educators with a variety of resources and strategies to support the development of students' social awareness. The toolkit includes: More information on what social awareness is and why it matters;	https://transformingeducation.org/resources/social-awareness-toolkit/	Elementary/Secondary

	<p>A video in which students describe the importance of social awareness in their own lives;</p> <p>A range of strategies teachers can integrate into their practice at all grade levels; and</p> <p>A facilitators guide (including an abbreviated guide for a 45-minute session)</p>		
<p>Sample Teaching Activities to Support Core Competencies of Social and Emotional Learning (CASEL)</p>	<p>Sample activities to support student social and emotional development, organized around each of CASEL's Five Core Competencies. For each core competency, we divide the sample activities into two types: (1) free-standing lesson/instruction activities, and (2) ongoing teaching practices that are designed to promote environmental conditions that optimize student social and emotional development. We offer suggestions about how practices might be adapted for younger or older students.</p>	<p>https://www.casel.org/wp-content/uploads/2017/08/Sample-Teaching-Activities-to-Support-Core-Competencies-8-20-17.pdf</p>	Elementary/Secondary
<p>15 Activities for Teaching CASEL Core Competencies</p>	<p>Link to Waterford.org- Fifteen fun class activities to help your students develop strong SEL skills at school.</p>	<p>https://www.waterford.org/education/15-activities-for-teaching-casel-core-competencies/</p>	Elementary/Secondary
<p>Info Base Blog on Developing Empathy with linked resources</p>	<p>This post will focus on CASEL's SEL competency Social Awareness and will include real-life examples and engaging strategies to be used in the classroom and online.</p>	<p>https://www.infobase.com/blog/featured/sel-beyond-social-awareness/</p>	Elementary/Secondary

Lessons on Developing Empathy (Teaching Tolerance)	<p>These lessons help students gain a deeper understanding of empathy and how to put it into practice.</p>	https://www.learningforjustice.org/classroom-resources/lessons?keyword=empathy	<p>Elementary/Secondary</p>
ACT for Youth	<p>Social and Emotional Learning (SEL) enhances the ability to communicate and connect with a range of people in healthy ways. In this section of the SEL Toolkit, we link to strategies and resources that will help youth work professionals teach relationship skills.</p>	http://actforyouth.net/youth_development/professionals/sel/relationship_skills.cfm	<p>Elementary/Secondary</p>
Relationship Mapping	<p>Use this online version of Harvard University's popular Relationship Mapping Strategy for your school, community organization, or religious group to help ensure that everyone has a strong connection to someone else during these challenging times.</p>	https://mcc.gse.harvard.edu/resources-for-educators/relationship-mapping-strategy	<p>Elementary/Secondary</p>
Strategies for Establishing School Family Partnerships	<p>Orient families to what SEL is, why it's essential to high-quality education, and the roles in which they may provide feedback and input about schoolwide SEL. Two-way communication vehicles (see below) can maximize teamwork and minimize misunderstandings.</p>	https://schoolguide.casel.org/resource/strategies-for-establishing-school-family-partnerships-in-support-of-sel/	<p>Elementary/Secondary</p>
6 Strategies for Building Better Student Relationships	<p>A teacher shares her best practices for establishing strong relationships with her class at the start of the school year.</p>	https://www.edutopia.org/article/6-strategies-building-better-student-relationships	<p>Elementary/Secondary</p>

<p>SEL for Students: Social Awareness and Relationship Skills</p>	<p>Link to Greater Good in Education Website, which provides a definition of Social Awareness and Relationship Skills, and resources by grade band and duration of lesson</p>	<p>https://ggie.berkeley.edu/student-well-being/sel-for-students-social-awareness-and-relationship-skills/#tab_1</p>	<p>Elementary/Secondary</p>
<p>A Guide to the Core SEL Competencies [Activities and Strategies Included] (Panorama)</p>	<p>In this guide, you'll learn about the five core SEL competencies—complete with definitions, equity considerations, and examples of what these competencies may look like and sound like in practice. For each core competency, we also share examples of low-lift SEL strategies, activities, and teaching practices that you can use right away in your school community to promote student SEL and adult SEL.</p>	<p>https://www.panoramaed.com/blog/guide-to-core-sel-competencies</p>	<p>Elementary/Secondary</p>
<p>Smart Hearts Video</p>	<p>Edutopia Video on how schools are teaching students</p>	<p>https://www.edutopia.org/video/smart-hearts-social-and-emotional-learning-overview</p>	<p>Elementary/Secondary</p>
<p>Rita Pierson: Every Kid Needs A Champion Ted Talk (Video)</p> <p>Article: How A Teacher (Rita Pierson) Encouraged Her Students with an 'E</p>	<p>Lifelong educator, Rita Pierson, talks about the importance of relationships</p>	<p>https://www.ted.com/speakers/rita_f_pierse_n</p> <p>https://www.huffpost.com/entry/student-teacher-relationships_b_3203159</p>	<p>Elementary/Secondary</p>

Making Connections with Greetings at the Door	The importance of greeting students. Research shows that greeting students as they come into class bolsters a feeling of belonging and readiness to learn.	https://www.edutopia.org/video/making-connections-greetings-door	Elementary/Secondary
Creating a Belonging Classroom	In order to learn, students need to feel safe, cared for, and emotionally connected to their teachers and each other.	https://www.edutopia.org/video/building-belonging-classroom	Elementary/Secondary
The Power of Relationships in Schools	Research shows that students who feel safe and supported by adults at school are better able to learn.	https://www.edutopia.org/video/power-relationships-schools	Elementary/Secondary

Adult

Resource Name	Description	Link/ Location	Level
Social Awareness and Empathy Video	Free Coursera Online Course on Empathy	https://www.coursera.org/lecture/emotional-and-social-intelligence/introduction-to-empathy-WzeAM	Adult