

## A Toolkit for Social Emotional Learning in the Social Studies Classroom

*Investing in students' social-emotional development is done by the entire system of adults in schools. This investment is key to promoting engagement in—not a substitute for—teaching academic content; it represents a change in how academic content is taught. Through open conversation and unbiased texts, educators can facilitate socio-emotional learning by ensuring that grade-level curriculum reflects and reveals accurately a multicultural world and that their study includes perspective-taking by attending to how characters might think and feel to support understanding of emotions and thoughts. Anchoring topical knowledge building in collaboration with other students provides practice in cooperation, communication, reflection, self-regulation, and empathy in addition to developing their research, writing and speaking skills.*

*The following toolkit is designed to be a starting point for school staff, counselors, and community members to begin integrating SEL into their Social Studies teaching practices or interactions with children. Members of the school community (or for some of the groups, larger community) can use this toolkit to find initial strategies and resources to improve student social, emotional, behavioral, and in the Social Studies classroom. Please also view the [SEL/Social Studies crosswalk](#).*

SEL COMPETENCY	Social Studies Resources	
	ELEMENTARY RESOURCES	SECONDARY RESOURCES
<p><b>1. Self-Awareness</b></p> <p><b>1A.</b> Demonstrate an awareness of one's own emotions.</p> <p><b>1B.</b> Demonstrate an awareness of personal qualities and interests.</p> <p><b>1C.</b> Demonstrate a sense of personal responsibilities and advocacy.</p> <p><b>1D.</b> Identify external and community resources and support.</p>	<p><a href="https://ggie.berkeley.edu/student-well-being/sel-for-students-self-awareness-and-self-management/">https://ggie.berkeley.edu/student-well-being/sel-for-students-self-awareness-and-self-management/</a> Skills for self-awareness and self management</p> <p><a href="https://www.education.ne.gov/nce/ca/reerdevelopment/lesson-plans/self-awareness-lesson-plans/">https://www.education.ne.gov/nce/ca/reerdevelopment/lesson-plans/self-awareness-lesson-plans/</a> Lesson plans for self-awareness and child development</p> <p><a href="https://www.learningforjustice.org/magazine/selfawareness-in-the-classroom">https://www.learningforjustice.org/magazine/selfawareness-in-the-classroom</a> One elementary teacher explains how she helps students develop self-awareness, a key feature of social emotional learning.</p>	<p><a href="https://www.positiveaction.net/blog/teaching-self-awareness-to-students">https://www.positiveaction.net/blog/teaching-self-awareness-to-students</a> Activities for students to be self-aware</p> <p><a href="https://www.developgoodhabits.com/self-awareness-activities/">https://www.developgoodhabits.com/self-awareness-activities/</a> More activities for self-awareness</p>
<p><b>Self-Management</b></p> <p><b>2A.</b> Understand and use strategies for managing one's own emotions and behaviors constructively.</p>	<p><a href="https://edfoundationsrq.org/social-emotional-learning-lessons/self-management/">https://edfoundationsrq.org/social-emotional-learning-lessons/self-management/</a> Lesson plans for upper elementary and Middle School Students</p>	<p><a href="https://www.positiveaction.net/blog/teaching-self-management-skills">https://www.positiveaction.net/blog/teaching-self-management-skills</a> Self Management plan</p> <p><a href="https://drc.casel.org/resources-by-topic/page/2/?topic=self-management">https://drc.casel.org/resources-by-topic/page/2/?topic=self-management</a> Various resources for self-management</p>

<p><b>2B.</b> Set, monitor, adapt and evaluate one's own goals to achieve success in school and life.</p>	<p><a href="https://why.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/">https://why.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/</a> Video on self-management skills</p>	<p><a href="https://edfoundationsrq.org/social-emotional-learning-lessons/self-management/">https://edfoundationsrq.org/social-emotional-learning-lessons/self-management/</a> Lesson plans for upper elementary and Middle School Students</p>
<p><b>Social Awareness</b> <b>3A.</b> Demonstrate awareness and consideration of other people's emotions, perspectives and social cues. <b>3B.</b> Exhibit civic responsibility in multiple settings. <b>3C.</b> Demonstrate an awareness of and respect for human dignity, including culture and differences.</p>	<p><a href="https://www.connectinglink.com/blog/social-awareness-strategies-in-the-classroom">https://www.connectinglink.com/blog/social-awareness-strategies-in-the-classroom</a> Social awareness strategies in the classroom</p> <p><a href="https://www.landmarkoutreach.org/strategies/social-awareness-sel/">https://www.landmarkoutreach.org/strategies/social-awareness-sel/</a> Resources and skills for social awareness</p>	<p><a href="https://transformingeducation.org/resources/social-awareness-toolkit/">https://transformingeducation.org/resources/social-awareness-toolkit/</a> Toolkit for Social awareness</p> <p><a href="http://actforyouth.net/youth-development/professionals/sel/social-awareness.cfm">http://actforyouth.net/youth-development/professionals/sel/social-awareness.cfm</a> Lesson plans on teaching empathy</p>
<p><b>4. Relationship Skills</b> <b>4A.</b> Use positive communication and social skills to interact effectively with others. <b>4B.</b> Develop and maintain positive relationships. <b>4C.</b> Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways.</p>	<p><a href="https://why.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/">https://why.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/</a> Video on Relationship skills</p> <p><a href="https://www.casel.org/wp-content/uploads/2017/08/Sample-Teaching-Activities-to-Support-Core-Competencies-8-20-17.pdf">https://www.casel.org/wp-content/uploads/2017/08/Sample-Teaching-Activities-to-Support-Core-Competencies-8-20-17.pdf</a> Sample teaching activities</p> <p><a href="https://childrenslibrarylady.com/social-skills-resources/">https://childrenslibrarylady.com/social-skills-resources/</a> Resources for teaching skills in the classroom</p>	<p><a href="https://classroommagazines.scholastic.com/teaching-blogs/2019-20/how-to-teach-relationship-skills.html">https://classroommagazines.scholastic.com/teaching-blogs/2019-20/how-to-teach-relationship-skills.html</a> Free activities for teaching relationship skills to 7-12th grade students using Choices, a Scholastic magazine.</p> <p><a href="http://actforyouth.net/youth-development/professionals/sel/relationship_skills.cfm">http://actforyouth.net/youth-development/professionals/sel/relationship_skills.cfm</a> Activities to model and promote positive communication</p> <p><a href="https://www.doe.in.gov/sites/default/files/sebw/sel-lesson-plans-pk-12-final-attachments.pdf">https://www.doe.in.gov/sites/default/files/sebw/sel-lesson-plans-pk-12-final-attachments.pdf</a> Lesson on relationship skills for grades 9-10 (starts on page 101).</p>
<p><b>Responsible Decision Making</b> <b>5A.</b> Consider and use multiple factors in decision making, including</p>	<p><a href="https://www.learningforjustice.org/learning-plan/responsible-decision-making">https://www.learningforjustice.org/learning-plan/responsible-decision-making</a> Various texts for Upper elementary students</p>	<p><a href="https://www.aeseducation.com/blog/best-decision-making-activities-middle-school">https://www.aeseducation.com/blog/best-decision-making-activities-middle-school</a> Decision making activities for middle school</p> <p><a href="http://actforyouth.net/resources/yd/sel-reflective.pdf">http://actforyouth.net/resources/yd/sel-reflective.pdf</a></p>

<p>ethical and safety factors, personal and community responsibilities, and short-term and long-term goals.</p> <p><b>5B.</b> Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.</p>	<p><a href="https://www.positiveaction.net/sample-lessons">https://www.positiveaction.net/sample-lessons</a> Sample lessons for multiple grades</p> <p><a href="https://childrenslibrarylady.com/decision-making-books/">https://childrenslibrarylady.com/decision-making-books/</a> 30 decision making books for students</p>	<p>Visual to walk students through a reflective group conversation process.</p> <p><a href="http://actforyouth.net/adolescence/toolkit/teens.cfm">http://actforyouth.net/adolescence/toolkit/teens.cfm</a> Toolkit to support safe and ethical decision making around digital safety.</p>
---	--	---

**General Resources**

- <https://www.edutopia.org/blog/sel-social-studies-lessons-maurice-elias>
- <https://curriculumsupport.org/>
- <https://blog.savvas.com/social-emotional-learning-in-social-studies-classes/>