



Dear Academy Members,

With September around the corner, here at the Academy we are focused on back to school. While we know many of our stateside members are a few weeks into the school year, others are returning to school in the coming days and some of our international members are midway through their school year. Wherever you are in your school year, we wish you luck! We know that this year will require extraordinary flexibility, empathy and self-care for ourselves, our colleagues and our students.

In the spirit of back to school, this month's newsletter provides SEL implementation resources, a back to school guide and an SECD curriculum suggestion. Undoubtedly, it can be hard to convince administrators, colleagues and teachers to focus on SECD with so many demands on their time. We hope these resources can help!



Pure Edge Start with the Heart curriculum

Our friends at Pure Edge have shared their new [Start with the Heart: Connect](#) curriculum for grades 6 - 8. The curriculum is geared towards the SEL competencies of self-awareness and self-management. The 12-lesson curriculum is fully scripted and each lesson is about 30 minutes long. To teach these competencies, the curriculum integrates lessons on how students can support their well-being with interactive brain-breaks and exercises. Once students practice these exercises in the classroom, they can incorporate them into their self-care routine as they confront stress in their daily lives.

In the first lesson, “What is Stress”, students learn how health and wellness can help them to cope with stress. Students begin by discussing what stresses them out and how they notice stress in their bodies. The educator then reframes stressors as challenges that provide us an opportunity to help grow and develop resilience. Sprinkled in between these discussions are four brain breaks that allow students to use breath and movement to improve their wellness.



Move This World's Back To School SEL Toolkit

This [Back to School SEL Toolkit](#) from Move This World provides recommendations and activities for integrating SEL into your back to school routine with students. The toolkit provides a wide range of tools from discussion topics on how to talk with students about their experiences during the pandemic to calm down strategies, such as creating a calm down corner and helping students channel their inner superhero.

One suggestion that really spoke to us was to “invite moments of play to practice social emotional learning.” To help educators incorporate play, the toolkit provides five SEL games including an SEL Scavenger Hunt, Emotions Memory and Self Care Bingo!



Implementation Resources

Reopening Schools: How to Overcome SEL Challenges

In preparation for this school year, Lorea Martinez, Ph.D., founder of HEART in Mind Consulting and author of “Teaching with the Heart in Mind”, provides guidance and resources on how to tackle SEL implementation challenges. In this [blog post](#),

Dr. Martinez focuses on how to overcome three common challenges: lack of teacher buy-in, lack of leadership vision and lack of culturally responsive SEL.

Overcoming Obstacles to High School SEL Implementation

Because implementation is so crucial to long-term stability of SEL and Character Development initiatives, we are sharing another implementation resource focused on the high school setting. In this [pre-recorded webinar](#) from Aperture Education, Paul LeBuffe dives deep into the benefits of SEL at the high school level. He also explores challenges of implementing SEL in high schools and approaches for effective SEL implementation in this setting. This is a great resource for high school educators who want a refresher on SEL implementation or who are struggling with an implementation challenge.



Promoting Kindness in K-5 Classrooms

Character Strong provides [6 short activities](#) to explore and promote kindness in elementary school classrooms.

One of the activities, the Compliment Chair, gives children a chance to receive compliments from their classmates. For the activity, each child gets the opportunity to sit in a chair in front of a white board, while their peers write compliments about the child on the white board. At the end of the activity, the child has an opportunity to read and hear the compliments their classmates gave them. Character Strong also encourages the teacher to take a photo of each child with their compliments. This collection of class photos would make a nice hallway bulletin board to encourage kindness across the school community.

Let's Talk about Learning Gains!

While the media is a buzz with the term “learning loss”, Jamie

Kobs reminds us to help students reflect on their learning gains over the past 16 months in this [Edutopia article](#).

Upcoming Events

CASEL's Social and Emotional Learning and Digital Citizenship webinar will discuss how to integrate social and emotional learning with digital citizenship. In this timely webinar, Common Sense Education will join CASEL to explore how students can use digital media to help them manage their mental health and utilize their SEL skills online.

Topic: Building Connections: Social and Emotional Learning and Digital Citizenship

Date and Time: Friday, September 24, 2021// 11 AM ET// 8 AM PT

Registration Link:

https://zoom.us/webinar/register/1216293756954/WN_X3Ow8PgVQX2Klik3g2DzXQ



Our email address is:

secdlab@gmail.com

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Academy for Social-Emotional Learning in Schools · 2 Convent Road · Morristown, NJ 07960-6989 · USA

