



## Great Lakes MHTTC

# SEL AT HOME: Remote Learning Options



We know this is a challenging time for students, families, and educators. The fear and concern felt by us all is valid and real. While our world is changing and we are learning to adjust, we have the opportunity to use and grow our emotional intelligence to keep us grounded and clear minded – and help our students do the same.

According to the Collaborative for Academic, Social, and Emotional Learning (2003), the goal of a social emotional learning (SEL) program is to foster the development of five emotional and behavioral competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

We are all learning to navigate remote learning and education from afar. Luckily there are several reputable, evidence-informed resources available to help educators and families promote social and emotional well-being in their students outside the classroom. We have compiled a list of SEL resources, lesson plans, activities, games, and tip sheets to get you started on your SEL at home journey. Some things to consider as you move your classrooms into homes:

- Give students time to reflect on their emotions/experiences through discussion, writing, or drawing
- Adapt classroom SEL plans, games, and activities for students to do with their families
- Allow students to ask questions about what is going on in the world and give them honest, age appropriate answers

We can support ourselves and our students in getting through these difficult times by embracing SEL competencies and practices. SEL is a lifelong journey, and it is especially critical for young minds to start early. Through keeping SEL in mind we can help students weather this crisis through recognizing and responding to their emotions and leaning on positive, prosocial relationships.

This list is by no means comprehensive. **We will continue to update this guide as we become aware of new resources.** If you know of additional SEL resources for remote learning please email the Great Lakes MHTTC at [sarah.mcminn@wisc.edu](mailto:sarah.mcminn@wisc.edu).



Program Name	Description	Cost	Modality	Grades
<a href="#">Brain POP</a>	Resources for educators, families, and caregivers including free activities and games for kids, age-appropriate ways to talk to kids about the current pandemic, and adaptable lessons for home and remote learning.	<b>Free</b>	Online Lessons Videos Activities Worksheets Games Tips and Tools	<b>K-8</b>
<a href="#">CASEL Cares</a>	Resources for educators and families to engage students in SEL at home including free activities and tips and tools for talking to children about the current pandemic.	<b>Free</b>	Activities Tips and Tools	<b>K-12</b>
<a href="#">Centervention</a>	Resources for educators, parents, and kids including lessons, activities, and printables that can be used at home or in the classroom. Free online social skills games for kids.	<b>Free</b>	Online Lessons Activities Games Worksheets	<b>K-8</b>
<a href="#">Common Sense Education</a>	Online educator toolkit for SEL. Flexible, free, classroom ready lesson plans. Free tools and resources for implementing SEL strategies, and resources for families to enhance learning and growth at home.	<b>Free</b>	Lesson Plans Activities Worksheets Educator Toolkit	<b>K-12</b>
<a href="#">Conscious Discipline</a>	Resources to support educators and families to engage students in SEL, including webinars and training videos. Guidance for educators and families for home and remote learning. Free activities, video lessons, games, and printables.	<b>Currently Free</b>	Video Lessons Activities Games Tips and Tools	<b>K-12</b>
<a href="#">EVERFI</a>	Online lesson plans adaptable for home and remote learning. Offers a wide range of topics in evidence-informed online lessons.	<b>Free</b>	Online Lessons	<b>K-12</b>
<a href="#">Leader in Me</a>	Online, brief, and easy-to-implement SEL Strategies and lessons. Resources including lesson plans, videos, and materials for educators. Additional activities, resources and tips for caregivers and families.	<b>Free</b>	Lesson Plans Videos Activities Worksheets Tips and Tricks	<b>K-12</b>
<a href="#">ParenTeen Connect</a>	Resources for teens and parents covering the most common issues. Expert advice videos on how to tackle issues faced by parents of teens.	<b>Free</b>	Videos Tips and Tools	<b>9-12</b>
<a href="#">PBS Kids</a>	Online games for kids that promote SEL values. Tips and resources for parents, caregivers, and families.	<b>Free</b>	Videos Activities Games	<b>K-5</b>
<a href="#">Second Step</a>	Resources for educators and families including tips for remote learning and SEL lessons, free resources, games, and activities for educators and families to use during school closures including the mindfulness program Mind Yeti.	<b>Some lessons currently free</b>	Videos Activities Games Podcasts Tips and Tools	<b>K-8</b>