

SEL Resources for Teachers

Many of these are also available online at: www.rrhc.on.ca/teacher-resources

Why SEL skills are important (only 1.5 min)

<https://youtu.be/EEaRlcxEshg>

A simple and clear introduction to SEL and its relevance to childhood development

Everyday Mental Health Classroom Resource:

<https://smh-assist.ca/emhc/>

It is the result of a collaboration between the Elementary Teachers' Federation of Ontario (ETFO) and School Mental Health ASSIST, with evidence/review support from the Centre for Addiction and Mental Health, Provincial System Support Program. The Everyday Mental Health Classroom Resource has been informed by evidence and co-created with practicing educators to ensure that it will meet the needs of busy educators.

McConnel Well-Ahead

<https://www.wellahead.ca/resources>

Looking for more information on social and emotional wellbeing in K-12 education? Here you'll find reports, tools and information that they've developed, as well as curated lists of resources from other organizations

CASEL- Collaborative for Academic Social and Emotional Learning

<https://casel.org/>

The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL). CASEL supports educators and policy leaders and enhances the experiences and outcomes for all PreK-12 students.

University of British Columbia: SEL Resource Finder

<http://www.selresources.com/sel-resources/>

The Resource Finder provides a variety of resources to help you learn about SEL, apply teaching methods and assess your efforts.

Book: Everyday SEL in Middle School: Integrating Social-Emotional Learning and Mindfulness Into Your Classroom by:Carla Tantillo Philibert

https://www.amazon.ca/dp/1138903876/ref=cm_sw_em_r_mt_dp_U_cirIDbG72QV0D

Online Magazine:

The Learning Professional: SEL Edition (only the SEL articles are included in the PDF)

<https://drive.google.com/file/d/1DRtYXTow9zCNyJ2R3Z3inKJRUT7WIZJq/view?usp=sharing>

Link includes 10 articles about SEL

Videos:

5 Keys to Social and Emotional Learning Success (6:02) https://youtu.be/DqNn9qWoO1M	How childhood trauma affects health across a lifetime (16:00) https://youtu.be/95ovIJ3dsNk
This is my place: middle schoolers on social and emotional learning (4:05) https://youtu.be/Wqj3_8raIHw	Lifting Our Voices (8:25 minutes) https://youtu.be/wALTuRqS8f0
Educate the Heart (2:08) https://youtu.be/66HDe_sr9FQ	