

## Foster Social Emotional Growth

Social emotional learning is key for preparing students to thrive beyond the classroom. **Every learner** can gain from strength-based, human-centered resources that uncover students' authentic **joy, creativity, and emotional well-being.**



### What is Lessons for SEL? ●

**Lessons for SEL** is an online platform with **dynamic and engaging resources** and video content that supports educators with fostering social emotional wellness in all students. The platform contains hundreds of short videos, restorative circle prompts, and community-building activities that focus on developing student strengths and **building positive school communities.**

### ● Differentiate Instruction and Target Student Needs

Based on the CASEL framework, **Lessons for SEL** aligns with the five CASEL core competencies: self-awareness, self-management, responsible decision-making, relationship skills, and social awareness. Educators can identify relevant topics that respond to unique classroom environments and student needs. The pre-built lessons and short videos save teachers planning time and seamlessly integrate into daily routines, giving teachers bandwidth to stimulate every learner's social and emotional growth.



### Lessons for SEL's Innovative Resources and Tools



**SELTV:** one platform for unlimited SEL video lessons, content, and series with new video lessons added weekly



**Safe Circles:** 145 restorative circle prompts to connect with each other, build trust, and promote equity



**6 Minute SEL:** lessons broken into age-appropriate grade bands based on the CASEL 5 competencies including a hook, discussion questions, prompt, and challenge



**SEL University:** professional development for educators

...and so much more!

**“Shift from what’s wrong to what’s strong.” - Dr. Byron McClure, Founder of Lessons for SEL**