SOCIAL SUCCESS IN SCHOOLS

Course Content Implementation Guide

(SCHOOL MEMBERS)

Welcome to Social Success in Schools!
This professional development program will support your mission to implement school-wide SEL. This *Course Content Implementation Guide* is intended to support your leadership team/SEL committee when customizing and facilitating this program to best fit your unique needs with integrity, efficacy, and sustainability.

Keep in mind, no two schools are the same, so feel free to adapt this guide as needed.

Social Success in Schools®
REAFFIRM. REASSESS. REINVENT.

Form Your SEL Committee

An SEL committee is invaluable to beginning, evolving, and sustaining full SEL implementation in your school. Make sure to include a well-rounded representation of all your stakeholders including administrators, staff, students, families, and community partners. This ensures you're establishing a shared plan for implementation that matches your communal core values and shared vision for school-wide SEL. Commit to meeting on a regular basis. For more information, review *Module 1: Lesson 4, Leaders Who Lead in SEL* located in the SEL into Awareness Course.

This is a chance to get your entire staff on board with your SEL initiative.

SEL COMMITTEE MEMBERS	
ROLE:	POSSIBLE MEMBER(S)
Committee Leader	
Administrator(s)	
Teacher(s)	
Related Service Provider(s)	
Support Staff	
Students	
Families	
Community Partners	

Kick Off Your SEL Initiative

(Plan an SEL-focused faculty meeting or professional development training.)

Once you've printed or received your hard copies of the *School Edition Guidebooks,* you'll want to kick off your SEL initiative with a full-staff event. We recommend:

- Distributing guidebooks
- Viewing the Welcome Message and Module 1, Lessons 1–3 training videos located in the SEL Awareness into Action Course
- Providing portal login info

Time needed to complete: 75 min

Determine What Areas to Reinvent

After your staff completes the Kahoot poll in *Module 2: Lesson 2, School Culture & Climate Assessment* (located in the SEL Awareness into Action Course), you will have a list of areas identified as needing improvement. The following chart pairs each Kahoot question with its corresponding training and estimated time commitment. Use it to select which trainings will best meet your school's needs moving forward. In step 4, you'll map out how best to train staff in the identified areas.

Culture/Climate Assessment Questions	Check to Reinvent	Training Lesson
1. We promote student/staff voice and choice at our school.	O	Module 2: Lesson 3 45–60 minutes
2. Our school has a shared vision that clearly stands for what we commit to each day.	O	Module 2: Lesson 4 60–90 minutes
3. We make building relationships amongst our staff and students a top priority in our school.	O	Module 2: Lesson 5 45–60 minutes
4. We incorporate best practices that support our goal to foster student engagement in all our classrooms.	O	Module 2: Lesson 6 45–60 minutes
5. Respect ripples through our school with raised intentions and methods that support acts of kindness.	O	Module 2: Lessons 7–8 30–40 minutes each
6. We promote adult self-care to help reduce work stress.	O	Module 2: Lesson 9 20 minutes
7. Our school has clear, consistent discipline policies, procedures, and action plans to keep us safe.	O	Module 3: Lesson 2 75–90 minutes
8. We have systems in place that are equitable and culturally attuned.	O	*Equity Through SEL* Half-Day
9. We use a student-centered discipline approach that balances accountability with teaching the lagging skills.	O	Module 3: Lesson 3 Plus *Restorative Practices Module*
10. We use trauma-informed practices to meet the needs of all our students.	O	*Trauma-Informed SEL* Half-Day
11. We have implemented a School-Wide Expected Behavior Matrix and Positive Reinforcement System.	O	Module 3: Lesson 4 60–90 minutes
12. Our classroom creeds and expectations are clear and reasonable.	O	Module 3: Lesson 5 45–60 minutes
13. We use teacher language to provide our students with honest, compassionate feedback.	O	Module 3: Lesson 6 Module 5: Lesson 1 50 minutes
14. The adults at our school have solid SEL competencies and model these skills for our students.	O	Module 4: Lessons 2–3 60–90 minutes
15. We work to actively build SEL into our academics by blending into the core subjects.	O	Module 4: Lesson 4 60–90 minutes
16. We foster character development with project-based and community service projects.	O	Module 4: Lesson 5 60–75 minutes
17. We promote growth-mindset thinking.	O	Module 4: Lesson 6 45–60 minutes
18. We organize and grow these core skills during all school events and SEL family nights.	O	Module 4: Lesson 7 60–75 minutes
19. We promote the use of mindful moments throughout the school day.	O	Module 4: Lesson 8 Plus *Mindful Moments Module*
20. We have adopted an evidence-based SEL Program and Assessment Tool.	O	Module 1: Lesson 4 Module 4: Lesson 1 60 minutes

Make a Plan and Get Doing

Explore the various trainings included in this comprehensive program, then create a school-wide action plan with timelines to stay accountable to your mission to educate the whole child.

SCHOOL EDITION:

The School Edition contains three training courses for educators:

- SEL Awareness into Action
- Implementing Transformative SEL
- Adult SEL-Strengthen Your 5 Core Competencies

COURSE TRAINING: SEL AWARENESS INTO ACTION

This course is geared at raising your SEL intentions and practices to embed into all learning environments across the entire school community.

MODULE 1: FOUNDATIONS

This module builds a solid foundation of the basics and benefits of social-emotional learning and how to begin the journey to embed SEL into the natural learning environment with integrity, efficacy, and sustainability.

It includes assessment protocols, an action plan template, and how to advocate for school-wide SEL.

- *Lesson 1—Welcome & Housekeeping*
- *Lesson 2—Course Content Overview*
- *Lesson 3—SEL Basics & Benefits*
- *Lesson 4—Data & Assessment*
- *Lesson 5—Leaders Who Lead in SEL*

MODULE 2: CULTIVATING A POSITIVE SCHOOL CULTURE AND CLIMATE

This module supports the development of a safe, supportive, and engaging classroom and school culture and climate and helps participants support student voice and agency in the school setting. It raises intention and provides actionable strategies to prioritize embedding building relationships, student engagement, kindness, and respect into the fabric of the classroom learning environment.

- *Lesson 1—Introduction*
- *Lesson 2—School Culture & Climate Assessment*
- *Lesson 3—Raising Staff & Student Voice*
- *Lesson 4—Shared Vision Statement*
- *Lesson 5—Building Relationships*
- *Lesson 6—Student Engagement*
- *Lesson 7—Kindness Rocks*
- *Lesson 8—3B's of Respect*
- *Lesson 9—Adult Self-Care*

MODULE 3: POSITIVE BEHAVIORAL INTERVENTIONS AND SUPPORTS (PBIS)

This module helps participants shift to a student-centered discipline approach that raises students' responsible decision-making skills and helps create a safe place for all students to learn and grow. Participants will focus on creating a discipline approach that educates the whole child, including implementing restorative practices through treatment lists and collaborative problem solving, constructing a classroom expected behavior matrix and reinforcement system, and a classroom creed and pledge puzzle. Participants will evolve their skill sets to improve upon their use of teacher feedback to provide honest, compassionate feedback to shape students' social-emotional skills in the natural learning environment during teachable moments.

- *Lesson 1—Introduction*
- *Lesson 2—Part 1: Student Centered Discipline— Accountability*
- *Lesson 3—Part 2: Student Centered Discipline— Teachable Moments*
- *Lesson 4—School-wide Expected Behavior Matrix*
- *Lesson 5—Classroom Creed & Expected Behaviors*
- *Lesson 6—Teacher Language & Feedback*
- *Lesson 7—Mulligan Moments*

MODULE 4: SEL IN ACTION

This module allows participants to self-assess their SEL competencies and supports their efforts to teach, model, and shape these skills in their students. It provides actionable steps to; infuse SEL into the academic content, embed strategies to promote a growth mindset, implement project- and service-based learning to foster character development, and enlist the school community through SEL Family Nights.

- *Lesson 1—Introduction*
- *Lesson 2—Adult SEL Strengths & Limitations*
- *Lesson 3—Teach, Model, Practice, Prompt*
- *Lesson 4—SEL in the Academics*
- *Lesson 5—Character Traits*
- *Lesson 6—Growth Mindset*
- *Lesson 7—Enlisting the School Community*
- *Lesson 8—Mindful Moments*
- *Lesson 9—That's a Wrap*

COURSE TRAINING: IMPLEMENTING TRANSFORMATIVE SEL

This course embeds trauma-informed, equitable SEL practices throughout each module, so schools can transform how they educate the whole child. These modules seek to deepen your understanding of how these best practices must work in conjunction with one another to create a thriving school where all students succeed.

MODULE: ADULT MINDFUL MOMENTS

This module provides introductory training to encourage mindfulness in adults to promote resilience and well-being. Participants will learn about the research associated with implementing mindfulness at the school level, the benefits to themselves and their students, and considerations for successful implementation. Ready to use "mindful moments" videos and resources are included to embed into daily practice.

- *Introduction*
- *Walk Through the Woods*
- *Tuning In*
- *Sensation of Breath*
- *Gratitude*
- *Pause Button*
- *Mental Chatter*
- *Let it Be*

- *Kindness*
- *I am*
- *Happy Well Peace Love*
- *Grounding Tall Tree*
- *Self-Care*
- *Five Senses Breath*
- *End of Day Gratitude*
- *Box Breath Stress Release*

MODULE: TRAUMA-INFORMED SEL

This module trains participants on how to detect trauma in the classroom. Participants will obtain strategies to embed trauma-informed SEL that supports resilience, healthy relationship skills, responsible decision-making, and strength-based learning. Participants will reflect on their adult SEL skillset to ensure a safe, supportive, and inclusive learning environment. Action steps to build Community CARE in the classroom and participate in a 30-day Community CARE challenge are included.

- *Lesson—Community CARE*
- *Lesson—Introduction: Detect. Connect. Reflect.*
- *Lesson—Step One: Detect*
- *Lesson—Step Two: Connect*
- *Lesson—Step Three: Reflect*
- *Lesson—Engaging Students in Trauma-Informed SEL*

MODULE: EQUITY THROUGH SEL

This module builds the 4 Pillars of Equitable SEL. In Pillar 1, participants construct their awareness of their own identities while recognizing the privileges and challenges associated with each so they can build the capacity to be more compassionate and empathetic to their students and their families' lived experiences. In Pillar 2, participants will unpack their individual beliefs they might knowingly and unknowingly have about others, their students, and their students' families. Participants will examine how those beliefs, in turn, affect how they treat and interact with their students. In Pillar 3, participants will embrace more equitable SEL practices, and Pillar 4 will create brave spaces to have these conversations about equitable practices amongst school personnel, with their students, and with their school community to reach a shared vision through their collective core values. Ultimately, participants will work to transform how they create equitable learning environments where students are safe to bring their identities and cultural assets to school, ready to learn and grow each day.

- *Introduction*
- *Pillar 1—Social Folder Identity*
- *Pillar 2—Social Folder Bias*
- *Pillar 3—Equitable SEL in Action*
- *Pillar 4—Transform—Reaffirm. Reassess. Reinvent.*
- *Engaging Students in Equitable SEL*

MODULE: RESTORATIVE PRACTICES

This module trains participants to use a student-centered methodology to discipline that replaces exclusionary practices with a restorative approach. Participants will learn how to cultivate safe schools that promote responsible decision-making built on just and thriving learning environments.

- *Part 1—The WHY?*
- *Part 2—The WHAT?*
- *Part 3—The HOW?*

COURSE TRAINING: ADULT SEL—STRENGHTEN YOUR 5 CORE COMPETENCIES

This course is geared at strengthening adults' SEL skills and mindsets in the areas of self-awareness, self-management, social awareness, relationships skills, and responsible decision-making. By supporting Adult SEL, we can teach, model, and shape the SEL competencies in youth more effectively.

This course is specifically designed to allow individuals to support the growth of their Adult SEL competencies at their own pace. It is also intended to cultivate transformative leaders in SEL to prepare for school-wide implementation.

MODULE: SELF-AWARENESS

This module builds participants' self-awareness to better understand and appreciate their identities, thoughts, emotions, beliefs, and core values. Participants will learn how these various parts of themselves influence and impact their choices, actions, and consequences in life each day. Participants will begin by self-assessing their current SEL competencies to note their strengths to reaffirm and their limitations to reinvent. Lesson trainings will focus on building skills to shift mindsets, manage emotions, connect compassionately with others, and live with a greater sense of purpose.

- *Introduction—Self-Assessment*
- *Lesson 1—Identity Lane*
- *Lesson 2—Emotional Awareness*
- *Lesson 3—Equity-Driven Asset Thinking*
- *Lesson 4—Harnessing Hope and Optimism*

MODULE: SELF-MANAGEMENT

This module builds participants' self-management skills necessary for them to find their life balance and achieve their ambitions. Lesson trainings are geared at helping participants identify their core values while gaining the skills and mindsets to set and achieve goals that match them. Lesson trainings will focus on building self-advocacy, self-control, and a growth mindset to evolve and grow.

- *Lesson 1—Wealth in Well-being*
- *Lesson 2—Go-Getter Goals*
- *Lesson 3—Self in Control*
- *Lesson 4—Embrace Change*

MODULE: SOCIAL AWARENESS

This module builds participants' social awareness skills necessary to show empathy, compassion, and understanding for others' lived experiences and perspectives. Lesson trainings are geared at helping participants recognize the thoughts, emotions, and motivations of others and adjust their social behavior to meet a group's needs. They'll learn to create social norms and networks of support where all youth get what they need to achieve.

- *Lesson 1—From Surviving to Thriving*
- *Lesson 2—Empathy-The Vehicle to Compassion*
- *Lesson 3—Social Investigators*
- *Lesson 4—Creating Brave and Trusting Spaces*

MODULE: RELATIONSHIP SKILLS

This module builds participants' healthy relationship skills necessary to promote strong bonds and attachments with others. Lesson trainings are geared at helping participants to nurture culturally affirming connections while demonstrating kindness and respect. Participants will develop mindful communication and conflict resolution skills that set the stage for cultivating authentic school-family-community partnerships.

- *Lesson 1—Connect2Kids*
- *Lesson 2—Character Counts*
- *Lesson 3—Mindful Communication*
- *Lesson 4—Conflict Resolution*

MODULE: RESPONSIBLE DECISION-MAKING

This module builds participants' responsible decision-making to grow skills of curiosity and open-mindedness when solving personal and collective problems. Lesson trainings are geared at helping participants implement a student-centered approach to cultivating responsible decision-making in youth through collaborative problem solving, teachable moments, and fostering voice and collective agency.

- *Lesson 1—Collaborative Problem Solving*
- *Lesson 2—Teachable Moments*
- *Lesson 3—Voice and Agency*
- *Lesson 4—Lead with SEL*

STUDENT EDITION:

MODULE: SHAPING SOCIAL BEHAVIOR—ME & WE

This module helps participants create a kid-friendly common language to use in SEL instruction. It trains how to provide student feedback and shape social behavior in the natural learning environment. Each lesson teaches a specific strategy, everyday language to implement, and activities to embed into the learning environment.

- *Lesson—Introduction*
- *Lesson—Brain Skills*
- *Lesson—Blending In*
- *Lesson—Mulligan Moments*
- *Lesson—Big-Dot Moments*
- *Lesson— Social Folder*
- *Lesson— Zone Differences*
- *Lesson—Plugged In*
- *Lesson—Read Your Environment*
- *Lesson—Flexible Thinking*

- *Lesson—Social Filter*
- *Lesson—OK Game*
- *Lesson—Erupting Behaviors*
- *Lesson—Who Poked My Bear?*
- *Lesson—What's the Prob Bob?*
- *Lesson—Relationship Cake*
- *Lesson—Joining a Group*
- *Lesson—Go-Getter Road*
- *Lesson—3B's of Respect*
- *Lesson—Space Invader*

MODULE: KID MINDFUL MOMENTS

This module encourages students to use mindfulness to promote resilience and well-being.

- *Introduction*
- *Gratitude*
- *Trip to the Beach*
- *Stream*

- *Relax Like a Cat*
- *Bright Light*
- *Body Scan*
- *Balanced Breath*

MODULE: K–12 SEL TOOLKIT *(COMING 2023)*

These kid lessons are geared at supporting the development of students' 5 Core SEL Competencies in the areas of self-awareness, self-management, social awareness, relationships skills, and responsible decision-making. Each SEL Toolkit is organized by grade set to support a developmentally appropriate transformative social-emotional learning process.

HOME EDITION:

The School Community training supports families and school communities in building awareness and meaningful implementation of SEL so everyone can get onboard with social-emotional learning.

SCHOOL COMMUNITY TRAINING

- *Part 1—SEL Basics and Benefits*
- *Part 2—Connect2Kids*
- *Part 3—Be Kind Be Respectful Be Responsible*
- *Part 4—SEL Toolkit*
- *Part 5—Get Involved*

SUGGESTIONS FOR ORGANIZING TRAININGS:

Below are some suggested ways you can organize the identified trainings into faculty and PLC meetings, or half- and full-day staff professional development.

FACULTY MEETING OPTIONS

(Each of these lessons can be completed during faculty meetings)

- *Module 2: Lesson 5—Building Relationships*
- *Module 2: Lesson 6—Student Engagement*
- *Module 2: Lesson 7—Kindness Rocks*
- *Module 2: Lesson 8—3Bs of Respect*
- *Module 2: Lesson 9—Adult Self-Care*
- *Module 3: Lessons 6 and 7—Teacher Language & Feedback*
- *Module 4: Lessons 1 and 2—Adult SEL Strengths & Limitations*
- *Module 4: Lesson 3—Teach, Model, Practice, Prompt*
- *Module 4: Lesson 4—SEL in the Academics*
- *Module 4: Lesson 5—Character Traits*
- *Module 4: Lesson 6—Growth Mindset*
- *Module 4: Lesson 7—Enlisting the School Community*
- *Module 4: Lesson 8—Mindful Moments*
- *School Edition—Introduction: Shaping Social Behavior—ME & WE*

DEPARTMENT OR PLC MEETING OPTIONS

(Each of these lessons can be completed during small group meetings)

- *Module 2: Lesson 5—Building Relationships*
- *Module 2: Lesson 6—Student Engagement*
- *Module 2: Lesson 9—Adult Self-Care*
- *Module 3: Lesson 6 and 7—Teacher Language & Feedback*
- *Module 4: Lesson 4—SEL in the Academics*
- *Module 4: Lesson 5—Character Traits*
- *Module 4: Lesson 8—Mindful Moments*
- *School Edition—Introduction: Shaping Social Behavior—ME & WE*

PROFESSIONAL DEVELOPMENT OPTIONS (½ DAY)

(These half-day options combine specific lessons to maximize your training efforts.)

- *Module 2: Lessons 1–4*
  This half-day PD measures the "temperature" of your school culture and climate and helps your staff respectfully raise their voices to create a shared vision for your school.
- *Module 2: Lessons 5–9*
  This half-day PD raises your school's intention to prioritize building relationships, student engagement, kindness, and respect.
- *Module 3: Lessons 1–4*
  This half-day PD sets the foundation for implementing Tier 1 PBIS.
- *Module 4: Lessons 1–4, 8–9*
  This half-day PD allows your school's staff to self-assess their own SEL competencies and supports their efforts to infuse SEL into their academic content.
- *Module 4: Lessons 5–7*
  This half-day PD plans opportunities for project- and service-based learning to support your students' developing SEL competencies through community outreach and school-spirit events.
- *Module—Trauma-Informed SEL*
  This half- or full-day PD establishes awareness of best practices for creating learning environments that are emotionally safe for all students.
- *Module—Equity Through SEL*
  This half- or full-day PD builds awareness of best practices for creating equitable learning opportunities for all students.
- *Module—Restorative Practices*
  This half- or full-day PD fosters a student-centered methodology to discipline that replaces exclusionary practices with a restorative approach.

PROFESSIONAL DEVELOPMENT OPTIONS (FULL DAY)

(Each module is designed to be completed during a full-day PD training.)

- *Module 2: Lessons 1–9—Cultivating a Positive School Culture and Climate*
  This full-day PD measures the "temperature" of your school culture and climate and helps your staff respectfully raise their voices to create a shared vision for your school. It raises your school's intention to prioritize building relationships, student engagement, kindness, and respect.
- *Module 3: Lessons 1–7—Positive Behavioral Interventions and Supports*
  This full-day PD addresses shifting to a student-centered discipline approach that raises students' responsible decision-making skills and helps create a safe place for all students to learn and grow.
- *Module 4: Lessons 1–9—SEL in Action*
  This full-day PD allows your school's staff to self-assess their own SEL competencies and supports their efforts to infuse SEL into their academic content. It plans opportunities for project- and service-based learning to support your students' developing SEL competencies through community outreach and school-spirit events.
- *Student Edition: Lessons 1–20—Shaping Social Behavior—ME & WE*
  This full-day PD creates a school-wide, kid-friendly common language to use in SEL instruction. It trains teachers how use the *Student Edition Guidebook* for providing student feedback and shaping SEL competencies in the students' natural learning environment.
- *Course—Implementing Transformative SEL*
  Combine these modules for a full- or two-day PD to increase awareness of best practices for building learning environments that are safe, supportive, and inclusive for all students.

School-wide Action Plan

Date	Length of Training	Lesson(s) to Include	Completed!
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Choose an Evidence-Based SEL Curriculum and Assessment Tool

Once your staff training is underway, your school should decide which evidence-based practices will best monitor and sustain your SEL efforts.

- Adopting an evidence-based SEL curriculum will help sustain your mission to infuse SEL into your school's culture and climate. Be sure to also utilize the Student Edition K–12 SEL Toolkit 2D Video Series to support explicit instruction of your students' social-emotional competencies and character development.

- In step 3, your school took the time to informally assess their school culture and climate. This helped them make a plan moving forward on how best to connect your areas of needed improvement with the lessons included in this training. Moving forward, you may also want to invest in a standardized evidence-based assessment tool to more deeply assess your school culture and climate. This can help monitor how safe, supportive, and engaging your school is. As well, invest in a tool to assess the social-emotional growth of your students to help influence how your school will continue to shape these skills moving forward. Be sure to view *Module 1: Lesson 4—Data & Assessment* located in the SEL Awareness into Action Course to inform your decision.

Casel.org is a great resource when deciding which curriculum best fits your school's needs.

Need some help? Submit a question to be answered during our live Q & A sessions or seek out support from our private Facebook group.

Enlisting the School Community

Determine when and how to include your greater school community in your SEL mission. You are more powerful collectively than in isolation.

Decide which of the following options best fits your school's individual needs.

- **OPTION 1:** Conduct an in-person training at your school using the *Home Edition Guidebook.* The School Community Training Invitation can be found in the portal.

- **OPTION 2:** Send home or email the Social Success in Schools Home Letter and include the home login details.

STEP 7
Continue to Reaffirm. Reassess. Reinvent

Remember, this is an ever-evolving process that, like a garden, requires daily cultivation and nurturing. Be sure to train incoming staff each year so your mission to educate the whole child continues to flourish.

Bloom your room!

BE KIND. BE RESPECTFUL. BE RESPONSIBLE.