

# More information on Social and Emotional Learning

Here are a few sites worth a read as you develop your thinking, knowledge and practice. Also included are resources to support your school's Health and Wellbeing strategic goal(s) and the realization of your vision and values.

Adopt and Adapt is a good strategy. The main piece of collective wisdom is to 'choose the right model to fit your school culture.' Social and emotional learning is a developmental process we are all involved in - we and involved being the key words.

Link	Description
<a href="http://pb4l.tki.org.nz/">http://pb4l.tki.org.nz/</a>	<p>Has positive behaviour for learning (PB4L) initiatives to help parents, whānau, teachers, early childhood centres, and schools address problem behaviour, improve children's well-being, and increase educational achievement.</p> <p>Many schools are involved in this Ministry of Education programme. You will find this site useful from ECE to secondary school levels - just adjust the strategies suggested to the age and needs of the children.</p>
<a href="http://www.ipositive-education.net">http://www.ipositive-education.net</a>	<p>Worth exploring as you look at developing your own understanding of social and emotional learning.</p> <p><i>Positive education challenges the current paradigm of education, which values academic attainment above all other goals. Drawing on classical ideals, we believe that the DNA of education is a double helix with intertwined strands of equal importance...</i></p>
<a href="https://greatergood.berkeley.edu">https://greatergood.berkeley.edu</a>	<p>This American site has a great deal to offer. The basis of all its research is universal and transferred world-wide. There are many activities very adaptable and adoptable for teachers, students and parents.</p> <p><b>You can subscribe to receive articles for free – all are quick and easy to read, relate to and understand.</b> Articles of particular interest are:</p> <ul style="list-style-type: none"> <li>• Your teaching philosophy – well worth giving staff to read and discuss what it means to their teaching practice!</li> <li>• Making SEL the DNA of a School – follows on from the theme of Positive Education website (above)</li> </ul>

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<a href="https://www.mindful.org">https://www.mindful.org</a>	<p>There is a great deal interest in Mindfulness in the school setting but unless you practice this yourself the value to your students will be diminished.</p> <p>In their words: <i>Mindful is a mission-driven non-profit. We're dedicated to inspiring, guiding, and connecting anyone who wants to explore mindfulness—to enjoy better health, more caring relationships, and a compassionate society.</i></p> <p><b>You can subscribe to their e-newsletter for free.</b></p>
<a href="http://www.positivepsychologyinstitute.com.au">http://www.positivepsychologyinstitute.com.au</a>	<p>Many teachers attended their March 2017 conference in Christchurch. Dr Paula Robinson book is an excellent read: “Practising Positive Education: A Guide to Improve Wellbeing Literacy in Schools”.</p> <ul style="list-style-type: none"> <li>• Section 2 introduces you to Appreciative Inquiry.</li> <li>• Excellent references listed on page 63.</li> </ul> <p>The book can be ordered online for \$NZ105 – money well spent☺.</p>
<a href="http://www.casel.org/">http://www.casel.org/</a>	<p>Gives a great deal very useful, well researched information and guidance applicable to NZ classrooms, schools and their communities. The competencies they have developed sit comfortably with our 2007 NZ Curriculum Key Competencies.</p> <p>In their words: <i>Our mission is ambitious: to help make evidence-based social and emotional learning (SEL) an integral part of education from preschool through high school.</i></p>
<a href="http://www.rootsofaction.com/">http://www.rootsofaction.com/</a>	<p>Another excellent site with plenty of ideas and actions easily adapted to the NZ school setting. Explore The Compass Advantage as you think about the VALUES your school espouses and the Graduate Profile you may have developed for your students as they exit your school for their next education journey. Developmental psychology is universal.</p> <p><b>You can subscribe to their monthly e-newsletter for free</b> – great for developing your own thinking. Good for topics to generate conversation as part of your staff development in PB4L.</p>

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<a href="https://dovetaillearning.org/">https://dovetaillearning.org/</a> <a href="https://dovetaillearning.org/toolbox/the-12-tools/">https://dovetaillearning.org/toolbox/the-12-tools/</a>	<p>Their Building Resilience, Self-Mastery, and Empathy for Others TOOLBOX™ gives children, teachers, parents, and schools a common language and the Tools necessary to form a cohesive, collaborative, non-violent, and caring community which leads to hope for a meaningful and positive future.</p> <p>Also check out the 12 Tools – another excellent source of activities and very easy to implement ideas for the classroom and school.</p>
<a href="http://www.drdansiegel.com/resources/healthy_mind_platter/">http://www.drdansiegel.com/resources/healthy_mind_platter/</a>	<p>Another site developed by world renowned Dr Daniel J Siegel (Clinical Professor of Psychiatry at UCLA). This has some very interesting aspects worth pursuing as you develop and integrate your Health and PE outcomes into the school-wide curriculum.</p>
<a href="http://www.bucketfillers101.com/">http://www.bucketfillers101.com/</a>	<p>An excellent resource site as you look for positive fun activities and ways of involving your students in their social and emotional development. Great for primary school settings.</p>
<a href="https://mindup.org/">https://mindup.org/</a> <a href="https://mindup.org/mindup-mindful-classroom-framework-schools/">https://mindup.org/mindup-mindful-classroom-framework-schools/</a>	<p>Check out this resource and how it is constructed. Adaptable to NZ classrooms and is being used here.</p> <p>Books can be purchased through Scholastic Books approximately \$40 per book – 3 levels covering pre-school to Year 8.</p> <p>Check out our HPS mag and the article from Shirley Primary  <a href="https://www.cph.co.nz/wp-content/uploads/hps49.pdf">https://www.cph.co.nz/wp-content/uploads/hps49.pdf</a></p>
<a href="http://www.twinkl.co.nz">http://www.twinkl.co.nz</a> <a href="http://www.twinkl.co.nz/resources/specialeducationalneeds-sen">http://www.twinkl.co.nz/resources/specialeducationalneeds-sen</a>	<p>Covers not only social and emotional learning but the rest of the curriculum and is designed for kiwi classrooms.</p> <p><b>An excellent site to subscribe to - \$167 for an individual, and a whole school subscription also available.</b> Subscription cost goes back into further resource development and you have a chance to create your own.</p>
<a href="http://www.generationnext.com.au">http://www.generationnext.com.au</a>	<p>A site that is well worth visiting regularly. You can also subscribe to their e-newsletter and YouTube Channel. Resources are available from free and very applicable to our NZ circumstances.</p>
<a href="https://www.mentalhealth.org.nz/home/ways-to-wellbeing/">https://www.mentalhealth.org.nz/home/ways-to-wellbeing/</a> <a href="https://www.mentalhealth.org.nz/home/ways-to-wellbeing/five-ways-to-wellbeing-downloads/">https://www.mentalhealth.org.nz/home/ways-to-wellbeing/five-ways-to-wellbeing-downloads/</a>	<p>The 5 Ways to wellbeing are excellent ways to increase positive staff, student and parent awareness of what is already there to celebrate individually or as classes, schools and families. Great for creative activity. Check out the free resource downloads.</p>

Link	Description
<a href="https://www.edutopia.org/article/growth-mindset-resources">https://www.edutopia.org/article/growth-mindset-resources</a>	An excellent source of information on the Growth Mindset. See the excellent article: <a href="http://www.opencolleges.edu.au/informed/features/develop-a-growth-mindset/">http://www.opencolleges.edu.au/informed/features/develop-a-growth-mindset/</a>
<a href="http://changingminds.org/explanations/behaviors/betari_box.htm">http://changingminds.org/explanations/behaviors/betari_box.htm</a>	The Betari Box is a very simple way to look at how we behave and how we can manage our behaviours – great for role play activities. Done with 9 year olds and they totally got it.
<a href="http://www.resiliency.com">http://www.resiliency.com</a>	Another excellent source of well researched information and activities universal in their appeal and applicability. Explore Bonnie Benard’s research into developing resiliency in children – ongoing since early 1990s.

Here are some links for parents on social and emotional learning for children:

- <http://www.parentsasteachers.org>
- <http://skip.org.nz/>
- <http://www.raisingchildren.org.nz/>
- <http://incredibleyears.com/>
- <http://www.theparentingplace.com/>
- <http://www.triplep-parenting.net>
- <http://earlylearningauckland.co.nz/>
- <http://www.greatpotentials.org.nz/hippy/>

Contact Richard Wisnesky at Community and Public Health for more details on this information sheet (richard.wisnesky@cdhb.health.nz or 03 364 1777).