

Well-Being and Social-Emotional Learning Resource Bank

Emotional intelligence, well-being, resilience, connection, and kindness are skills that can be taught and developed over time—with practice. Below are a series of research-based resources to support daily efforts to develop these vital human capacities inside and outside of the classroom.

Well-Being, SEL, and Mindfulness Courses and Practices: Resources for Adults and Teachers

- Greater Good in Action (GGIA) collects the best research-based practices for a happier, more meaningful life—and puts them at your fingertips in an online format that's easy to use: <https://ggia.berkeley.edu/>.
- Free 8-Week online Mindfulness-Based Stress Reduction (MBSR) Course (with Certification): <http://palousemindfulness.com/index.html>. MBSR is the most studied and empirically supported secular mindfulness program in the West. Find schedules for in-person MBSR classes near you here: <http://www.mbsrbc.ca/pages/classes.htm>.
- Paid 8-Week evidence-based Compassion Cultivation Training (CCT) Course: <http://ccare.stanford.edu/education/directory-of-certified-teachers/>. CCT is an 8-week in-person evidence-based training program designed to develop the qualities of compassion, empathy, and kindness for oneself and for others.
- The Mindful Awareness Research Center (MARC) at UCLA provides a variety of meditation types and lengths for an introduction to meditation that you can practice on your own: <http://marc.ucla.edu/mindful-meditations>
- Center for Investigating Healthy Minds UW-Madison has created a Well-Being Toolkit with practices they have found in their research to support both physical and mental health: <https://centerhealthyminds.org/your-well-being-toolkit>
- Free resources designed by teens, educators, and SEL experts to create more positive school climates and foster greater wellbeing in schools: <https://inspired.fb.com/>

Well-Being, SEL, and Mindfulness Research and Information

- The Collaborative for Academic and Social-Emotional Learning (CASEL) is *the* clearinghouse for SEL research, policy and practice information: <http://www.casel.org/>
- □The Science of Happiness: Learn science-based principles and practices for a happy, meaningful life: <https://www.edx.org/course/science-happiness-uc-berkeleyx-gg101x-4>
- Free Yale University course on the Science of Human Emotion: <https://www.youtube.com/watch?v=8KFFkNhID4Y&list=PLh9mgdi4rNewieO9Dsj-OhNBC9bF4FoRp>.
- Free Online Course on the Science of Meditation: <https://www.coursera.org/learn/science-of-meditation>
- America Mindfulness Research Association (AMRA) – Great resource for latest research; sign up for their monthly research roundup email: <https://goamra.org/>

Resources for Youth and the Classroom

Well-Being, SEL, and Mindfulness Practices and Programs

- Edutopia is a comprehensive online platform that shares current best practices, lessons, media, and strategies of what works in K-12 education: <https://www.edutopia.org/about>.
- ClassDojo is a free online-based SEL program that gamifies building a positive classroom climate and is used by many teachers and schools: <https://www.classdojo.com/>
- The Random Acts of Kindness Foundation (RAK) provides free, downloadable evidence-based SEL lesson plans: <https://www.randomactsofkindness.org/for-educators>. This curriculum features complete developmentally appropriate, standards-aligned lessons for grades K-12 with handouts that teach kids important social and emotional skills.
- The Mood Meter is a research-based SEL application to build greater emotional awareness and regulation in teachers and students: <http://ei.yale.edu/mood-meter-app/>
- Inner Explorer program is a series of 5-10 minute audio-guided mindfulness practices. Daily practices teach students techniques to handle negative emotions such as stress, anxiety, anger and more. PreK-12. <https://innerexplorer.org/>
- MindYeti is a free online mindfulness platform and mobile application for kids made by the creators of Second Step (The Committee for Children): <https://www.mindyeti.com/sessions>
- Mindful Teachers offers free tips and activities for implementing developmentally appropriate mindfulness practices in the classroom: <http://www.mindfulteachers.org/>
- Mindfulness for Teens has free audio and video recordings of practices appropriate for introducing mindfulness-based exercises to teens: <http://mindfulnessforteens.com>
- Paid theory-based and research-supported mindfulness and emotion skills training program for teens: <http://learning2breathe.org/>

Well-Being, SEL, and Mindfulness Information and Assessment

- Social-Emotional Learning (SEL) Resource Finder: <http://www.selresources.com/sel-resources/sel-apply-resources/>. The Resource Finder provides a variety of resources to help you learn about SEL, to apply teaching methods, and to assess your efforts.
- Heart-Mind Online is an online-based resource portal to social-emotional learning lessons, practices, and information: <http://heartmindonline.org/>.
- The Early Development Instrument (EDI) is a free questionnaire that measures five core areas of early child development that are known to be good long-term predictors of adult health, education and social outcomes: <http://earlylearning.ubc.ca/edi/>
- The Middle Years Development Instrument (MDI) is a free questionnaire that asks children in Grade 4 and Grade 7 how they think and feel about their experiences both inside and outside of school, which is strongly linked to well-being, health and academic achievement: <http://earlylearning.ubc.ca/mdi/>
- The Classroom Assessment Scoring System (CLASS) was developed to help teachers improve what matters most in the classroom—the interactions that drive learning and development: <http://teachstone.com/classroom-assessment-scoring-system-class/>