



SOCIAL & EMOTIONAL LEARNING, MINDFULNESS, & WELLNESS



**Resource
Quick-
Guide**

SEL RESOURCE QUICK-GUIDE

What is **SEL** ?

Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process that helps students and adults learn and use skills to build healthy identities, manage emotions, achieve goals, show empathy, maintain relationships, and make responsible decisions.

SEL in California

California has made **significant investments** in SEL resources for schools, educators, and communities over the past five years. Partnering with CalHOPE and the Greater Good Science Center at UC Berkley, California has developed a statewide SEL Community of Practice, established a permanent collection of SEL resources, and distributed grant funding to County Education Offices to support SEL efforts at the local level.

SBCEO has developed this **SEL Resource Quick-Guide** to help educators and our partners navigate and access the permanent collection of resources.

This Resource Quick-Guide is best used digitally because all of the resources are hyperlinked.

Use the QR Code or URL below to access the digital version!



<https://s.sbceo.org/WellnessSummitSELResources>

SEL RESOURCE QUICK-GUIDE CONTINUED



Based at UC Berkeley since 2001, the Greater Good Science Center (GGSC) studies the roots of well-being, compassion, and strong social bonds—the “science of a meaningful life.” GGSC not only conducts research but also translates findings into practical tools and resources that strengthen emotional resilience, social connection, and kindness across schools, families, workplaces, and communities.

The following resources highlight some of the ways GGSC shares this work to support educators, leaders, and partners in fostering social and emotional learning.

<https://ggsc.berkeley.edu/>



Greater Good Magazine

SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

Greater Good Magazine is the online publication of UC Berkeley’s Greater Good Science Center. It features free articles, podcasts, videos, and quizzes that translate cutting-edge research on well-being, compassion, and resilience into practical insights for schools, families, and communities. Readers can also subscribe to a free newsletter to receive new stories and resources directly in their inbox.

<https://greatergood.berkeley.edu/>



Greater Good in Action

SCIENCE-BASED PRACTICES FOR A MEANINGFUL LIFE



Greater Good in Action is a free online collection of evidence-based practices developed by UC Berkeley’s Greater Good Science Center. Each practice offers step-by-step instructions to build skills such as gratitude, compassion, mindfulness, and resilience. Designed for use by educators, families, and community partners, these resources can be explored individually or integrated into classrooms, programs, and staff well-being routines.

<https://ggia.berkeley.edu/>

Practices Include

	Awe	Compassion	Connection	Empathy
Forgiveness	Gratitude	Happiness	Kindness	Mindfulness
Optimism	Parenting	Purpose	Resilience to Stress	Self-Compassion

SEL RESOURCE QUICK-GUIDE CONTINUED



Greater Good
Science Center

RESOURCES CONTINUED



Greater Good in Education
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS



Greater Good in Education, developed by UC Berkeley's Greater Good Science Center, provides practical, research-based resources to help educators integrate the science of well-being into schools and classrooms.

Most resources are free and organized into categories

The number of resources on the GG in Education website are vast and many are FREE.

Although you will need to REGISTER for access to many of the resources.

Academic Instruction

Short, classroom-ready practices that educators can weave into daily lessons—such as “prosocial science” prompts or awe-inspired activities—designed to deepen both academic engagement and SEL understanding

School Relationships

Tools to support relational connections and trust-building across classrooms, staff teams, and school communities by focusing on belonging, compassion, and psychologically safe environments.

Adult and Student Well-Being

Micro-practices and resources aimed at boosting emotional resilience, mindfulness, and self-compassion among both educators and students, recognizing that caring for adults is key to supporting students.

Programs for Educators

Opportunities for deeper learning and connection, including the paid but sliding-scale Teaching and Learning for the Greater Good online course, free monthly Community Meetings, and a growing collection of online mini-courses and events to build peer learning and well-being networks.

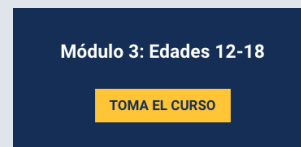
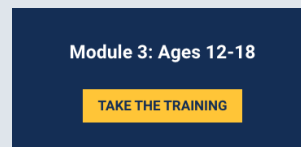
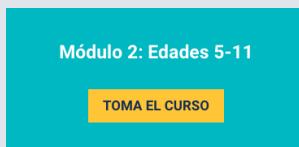
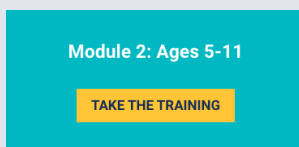
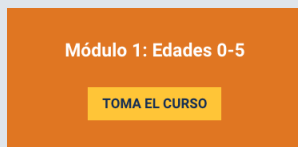
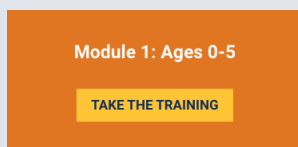
These resources are aggregated from GGSC research and curated with contributions from more than 40 partner organizations in the fields of SEL, character, and mindfulness, making the site both high-quality and practice-oriented.

SEL RESOURCE QUICK-GUIDE CONTINUED

Safe Spaces

Built by the California Office of the Surgeon General, the Safe Spaces training provides a foundation for trauma-informed practice in education and care settings. Safe Spaces is a **FREE**, online training designed to help individuals working with children and youth recognize and respond to signs of trauma and stress. Anyone who works with children and youth is invited to take the training. Each module is about two hours and is filled with case examples, videos, strategies and practices. Modules can be self-paced or facilitated in a group setting. Select the module(s) that best fit your professional needs:

Click the
Module you want
to access!



Click the
Module you want
to access!

NOTE: For all modules, you'll be asked to create an ACES Aware Account.
Visit <https://osg.ca.gov/safespaces/> for more info.

SEL Discussion Series for Parents & Caregivers

This interactive PDF provides details about:

- Why it is important to engage with families & caregivers about SEL
- Strategies to build the capacity of caregivers so they can facilitate the learning series
- Resources to promote and plan SEL discussions
- Links to folders covering 10 SEL topics. The folders include slide decks, a facilitator guide, handouts, and more!

Click to access
the interactive
PDF

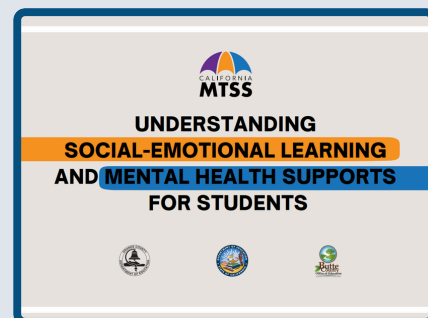


SEL & Mental Health within the MTSS Framework

This interactive PDF provides details about:

- How SEL & Mental Health are part of the MTSS framework
- The who, what, why, and how of SEL & Mental Health for each Tier of MTSS
 - Universal Support for ALL students
 - Supplemental Support for SOME students
 - Intensive Support for FEW students
- Additional resources from the continuum of support.

Click to access
the interactive
PDF



SEL RESOURCE QUICK-GUIDE CONTINUED



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CASEL was formed in 1994 to establish high-quality, evidence-based SEL as an essential part of preschool through high school education. Their research has formed the foundation of California's guidelines and guidance around SEL and Whole Child Learning. View the CASEL framework and a plethora of other resources on the CASEL website.

<https://casel.org/>



Visit the California Department of Education's "Social and Emotional Learning Page" to access guidance and resources for supporting SEL. This page provides information on SEL basics, links to General Resources, and partners and other organizations who can support SEL at the school or district level.

<https://www.cde.ca.gov/ci/se/>

**Healthy Minds
Thriving Kids**



A series of free, evidence-based video and print resources that caregivers and educators can use to teach their kids critical mental health and coping skills. The project was born of an innovative partnership between the state of California and the Child Mind Institute. Available in both English and Spanish.

<https://childmind.org/healthyminds/>



California is committed to bringing awareness to the link between physical and mental well-being; to encourage daily movement, mindfulness, and breathwork. California is also committed to creating a positive and inclusive sports and fitness culture, for Californians of all ages, to bolster health, community, and a sense of belonging. This website includes videos, print resources, and links to affiliate organizations who support and promote SEL through physical activities.

<https://moveyourbodycalmyourmind.org/>

SEL RESOURCE QUICK-GUIDE CONTINUED



The resources in this collection support the CDEs Transformative Social and Emotional Learning (SEL) Conditions for Thriving document which provides recommended practices and actions that adults across the education system can use to co-create conditions that support Transformative SEL development. The resources are organized into the following categories:

- Organizational and Systems Approach
- Culture and Climate
- Explicit SEL Skills
- Adult SEL
- SEL Integration with Academic Curriculum Area
- SEL for Families



The **How Learning Happens video series**, developed by Edutopia, features LPI President and CEO Linda Darling-Hammond and Pamela Cantor, MD, Founder and Senior Science Advisor of Turnaround for Children. Each of the videos offers examples of school-based strategies and practices that are rooted in the science of learning and development. Videos in the series include:

- The Science of Learning & Development in Out-Of-School Time
- Cultivating a Belonging Mindset
- Fostering Positive Relationships
- Building Academic Confidence
- Developing Foundational Skills
- Establishing Positive Conditions for Learning

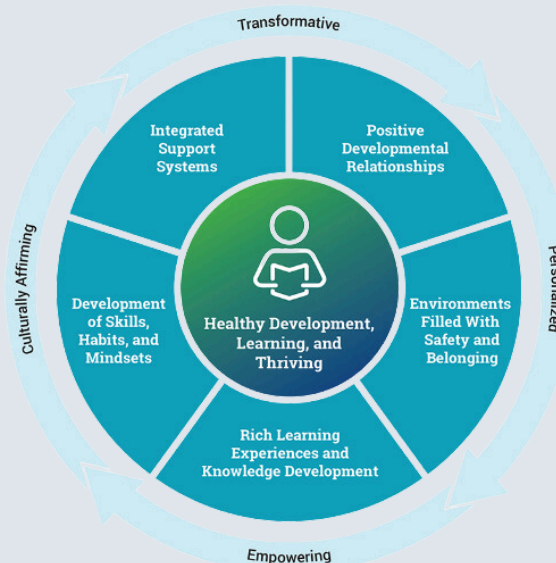


Design Principles for Schools

Putting the Science of Learning and Development Into Action

This playbook points to principles to nurture innovations and effective school models that advance this change. It provides a framework—shown to the right—to guide the transformation of k-12 settings, illustrating how practitioners can implement structures and practices that support learning and development through its five components. These design principles do not suggest a single design or model for change, but rather illuminate the multiple ways that schools can be redesigned to support all learners.

Click on this box or go to <https://k12.designprinciples.org/> to explore the interactive playbook.



Guiding Principles for Equitable Whole Child Design

SEL RESOURCE QUICK-GUIDE CONTINUED



The CalHOPE Social Emotional Learning (SEL) Community of Practice is helping enable California's schools to be leaders in supporting proactive and early intervention as we collectively respond to the social, emotional, and mental health needs of students, families, and educators.

In partnership with the organizations below, and many more, CalHOPE works to build sustainable SEL systems and supports so that all California children and adults can thrive.

To learn more about the work of CalHOPE, read: **CalHOPE Sowing the Seeds Report**.

This report describes CalHOPE Student Support-- an effort to "sow the seeds" of SEL across California. Invoking the metaphor of a garden, the report details the historic developments in California that readied the ground for such work, then lifts up the voices of educational leaders who have been catalysts for transforming the landscape. Through sharing qualitative themes, lessons learned, and insights from practitioners, this report is intended for educational leaders who want to know about how to improve SEL implementation.

[Click here](#) to read the full report.

[Click here](#) to read the peer-reviewed paper in the Journal of Social Emotional Learning

Visit the CalHOPE Learning Hub at: <https://www.calhopesel.org/learning>



If you have questions about SEL or need assistance using this document, please contact:

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