

Thriving Together:

Resources to Strengthen **SEL**
Well-Being, and Connection
in Schools and Communities

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Santa Barbara County Education Office



Inclusion Activity

Gratitude Practice



**“Social and Emotional Learning (SEL)
is an integral part of education and human development.”**

Collaborative for Academic, Social,
and Emotional Learning



SOCIAL & EMOTIONAL LEARNING WITHIN OUR SCHOOLS



Support for **Students' SEL**



Support for **Adults' SEL**



Support for **SEL Systems, Structures,
& School Culture**

SEL in California

- Significant investment
- Statewide Community of Practice
- Permanent collection of SEL resources
- Distributed funds to COEs for support at the local level

SEL in Santa Barbara County

- Local Community of Practice
- Mini-grants
- Support for local schools
- Connecting districts to **FREE** resources

Today, we'll explore some of those free resources together.

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



SCAN ME



Be sure to click the links!





Greater Good Science Center



Greater Good Magazine

SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

Our online magazine offers stories, tools, and tips for building social-emotional well-being.



Greater Good in Action

SCIENCE-BASED PRACTICES FOR A MEANINGFUL LIFE

Research-based practices for happiness, resilience, kindness, and connection.



Greater Good in Education

SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

A free collection of science-based practices for integrating social-emotional learning, mindfulness, and character education at school.

Greater Good Science Center • Magazine • In Action • In Education



Greater Good Magazine

SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE



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SCIENCE-BASED PRACTICES FOR A MEANINGFUL LIFE



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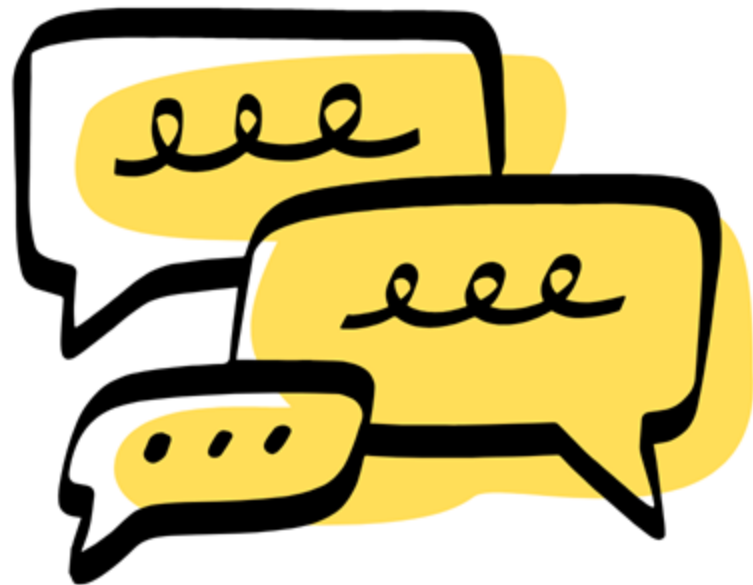
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS



Greater Good in Education

SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

P A U S E , *explore*
TURN and Talk





SAFE SPACES

Foundations of Trauma-Informed Practice for Education and Care Settings

TAKE THE TRAINING

SAFE SPACES

Foundations of Trauma-Informed
Practice for Educational & Care Settings

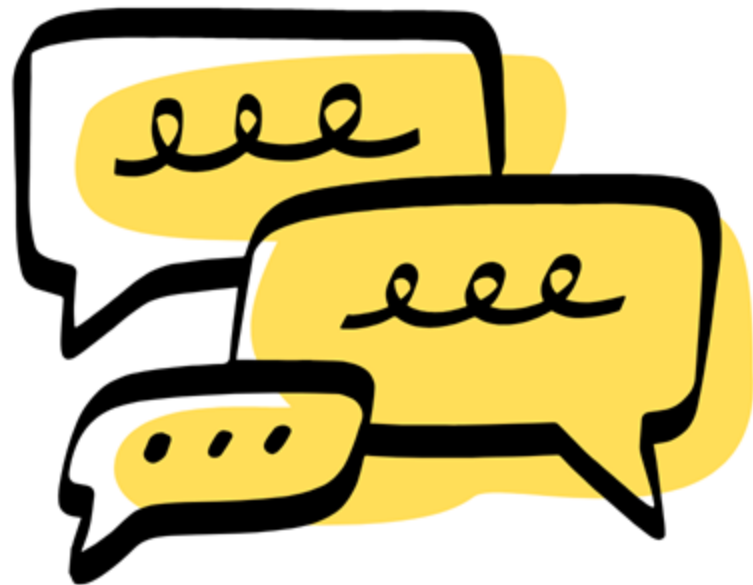
WATCH NOW



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL



TURN and Talk





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



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/>



CalHOPE

Young people and adults need the following conditions to thrive:

The Right Climate

- Safety
- Connection
- Voice & Leadership
- Culturally Responsive Practices



The Right Levers to Transform the System

- Partnerships
- Supports
- Capacities
- Structures and Routines of SEL Implementation

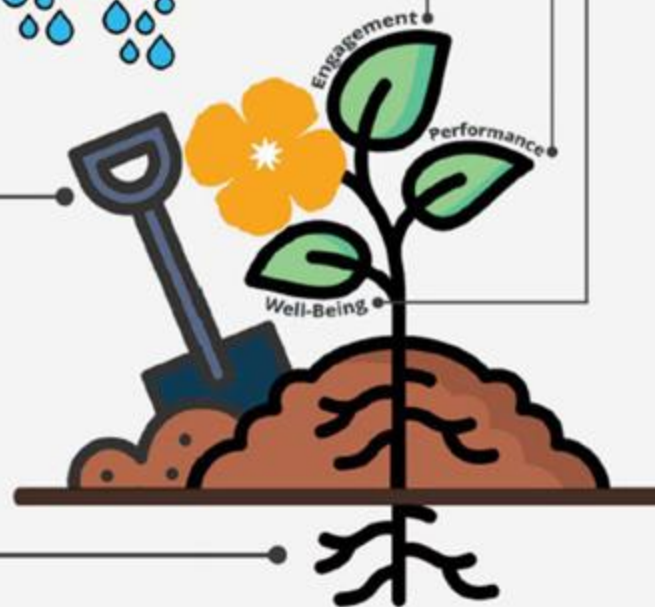


A Foundation Rooted in SEL Competencies

- Self-awareness & identity
- Self-management & agency
- Social awareness & belonging
- Relationships skills & collaborative problem solving
- Responsible decision making & curiosity



Thriving young people
and adults have improved:



Optimistic Closure

What is your PLUS +1?



Thank **YOU** for all you do to support **SEL**
for our students and our community.



CA Department of Ed
Social and Emotional Learning

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



CALIFORNIA DEPARTMENT OF
HEALTH CARE SERVICES

<https://www.dhcs.ca.gov/>



CASEL

Collaborative for Academic, Social
and Emotional Learning

<https://casel.org/>



**Greater Good
Science Center**

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



CalHOPE

<https://www.calhopesel.org/learning>



Yale

Center for Emotional Intelligence

[https://medicine.yale.edu/childstudy/services
/community-and-schools-programs/center-for-
emotional-intelligence/](https://medicine.yale.edu/childstudy/services/community-and-schools-programs/center-for-emotional-intelligence/)



<https://thecenterforimplementation.com/>

Thank you

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