

SEL Content Based PD		<i>Suggested Time Frame (hours)</i>
SEL Introduction	Define SEL, why it matters, and how it can be implemented on your campus.	~ 1
Active Listening	Discover new strategies for active listening that you can model and share with your students.	~ 1
Adolescent Brain Development	Explore and learn strategies to optimize adolescent brain development.	~ 1
Avoiding Power Struggles	Identify the "Hostility Cycle." Define Power Struggles and their motivating factors. Explain prevention and intervention strategies. Demonstrate strategies for diffusing a potential power struggle.	~ 1-1:30
Brain Development and SEL	Explore brain development and its relation to SEL development.	~ 1-1:30
Bystander Power Series	Define bullying and roles associated with bullying. Explore the various ways one can intervene in a bullying situation.	~ 1
Classified Staff Training	Empower classified staff on your campus with SEL common language and strategies.	~ 30m-1hr
Conflict Resolution	Explore elements and processes to resolve conflicts peacefully. Learn and practice a method for resolving problems without needing a third party.	~ 1
Consultancy Protocol	Learn and practice an effective tool for collaborative problem-solving in small groups.	~ 1
Effective Teacher Language	Strategies for reinforcing, reminding and redirecting language to develop a proactive culture & climate in your classroom and school.	~ 1
Emotional Awareness and Self-Management	Learn and practice strategies for promoting students' emotional awareness and self-management skills in order to increase academic engagement.	~ 1:30
Fostering Connectedness in Advisory	Learn and practice strategies to promote school connectedness in advisory classes.	~ 1:30
Growth Mindset	Learn strategies to help students understand how success is gained through effort, practice, and attitude.	~ 1 to 3
Introduction to Mindfulness	Explore brain science and the benefits of incorporating mindfulness practice into classroom routines while learning application strategies.	~1
Making the Most of Second Step	Learn new ways to increase the effectiveness of your Second Step lessons.	~ 2:30
Open-Ended Questions	Learn how to use open-ended questions, which can be a powerful tool to extend and deepen learning in any content area including Social and Emotional Learning.	~ 45m
Peace Areas/ Peace Making	Empower students to manage their emotions and resolve conflicts peacefully.	~ 1
Process-Centered Feedback	Responsive classroom strategies for building growth mindset through process-centered feedback.	~ 1
Second Step/ School Connect Training	Explore the explicit SEL curriculum and practice teaching Second Step or School Connect lessons.	~ 1:30
SEL for Out of School Time Providers	Learn ways to use SEL common vocabulary and techniques during out of school time.	~ 1:45
SEL for Special Area Teachers	Implement common vocabulary and SEL techniques in all instructional areas on campus.	~ 2:30
SEL Integration	Practice new methods for integrating SEL skill practice and SEL content into the school day.	~ 2
Self-Care and Self-Compassion	Embrace self-care for staff by exploring stress management techniques for educators.	~ 1
Six Strategies for School Connectedness	Engage staff in collaborative planning for systemic change that fosters school connectedness.	~ 1-1:30
Teenage Brain & Mindfulness	Deepen exploration of how teenage brain development impacts learning and the application of mindfulness practices to support student learning.	~ 1
Welcoming Schools – 6 sessions (Elementary)	Help school staff build their awareness and develop a lens to include all students and reduce gender-based stereotyping and bullying.	~ 1
Whole Child Learning Strategies for Engagement	Practice strategies to increase classroom engagement, interactions, and relationship skills.	~ 1-1:30

SEL Parent Workshops

SEL Introduction	Learn the five core competencies of SEL and how to reinforce SEL in the home.	~ 1
Book Study: Whole Brain Child by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.	Read and discuss 12 revolutionary parenting strategies and how to incorporate them into your everyday parenting. (For parents with children ages 3-12)	~ 6 x 1hr
Book Study: Brainstorms, The Power and Purpose of the Teenage Brain by Daniel J. Siegel, M.D.	Read and discuss a book that focuses on the "Essence of Adolescents". (For parents with children 12-20).	~ 6 x 1hr
Bystander Power for Families	Explore the difference between normal conflict and bullying. Determine various ways people can intervene in a bullying situation and what you, as a parent, can do to take action against bullying.	~ 1
Listening & Disagreeing Respectfully	Identify and practice how to listen with attention and disagree respectfully.	~ 1:30
Making a Plan	Learn how to solve problems and create a three-step plan to carry out a solution.	~ 1:30
Managing Anxiety and Avoiding Assumptions	Identify situations that cause anxiety. Apply calming down skills and positive self-talk to manage anxiety and avoid making assumptions.	~ 1:30
Peace Making in the Home	Explain how the peacemaking process gives our children tools to manage their own emotions and relationships, and supports learning. Create a Peace Area plan for the home.	~ 1
SEL Literature Lessons	Presentations to help families integrate SEL into parent-child story time.	~1