

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

## SEL Parent Workshops

<b>SEL Introduction</b>	Learn the five core competencies of SEL and how to reinforce SEL in the home.	~ 1
<b>Book Study: Whole Brain Child by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.</b>	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
<b>Book Study: Brainstorms, The Power and Purpose of the Teenage Brain by Daniel J. Siegel, M.D.</b>	Read and discuss a book that focuses on the "Essence of Adolescents". (For parents with children 12-20).	~ 6 x 1hr
<b>Bystander Power for Families</b>	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
<b>Listening &amp; Disagreeing Respectfully</b>	Identify and practice how to listen with attention and disagree respectfully.	~ 1:30
<b>Making a Plan</b>	Learn how to solve problems and create a three-step plan to carry out a solution.	~ 1:30
<b>Managing Anxiety and Avoiding Assumptions</b>	Identify situations that cause anxiety. Apply calming down skills and positive self-talk to manage anxiety and avoid making assumptions.	~ 1:30
<b>Peace Making in the Home</b>	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
<b>SEL Literature Lessons</b>	Presentations to help families integrate SEL into parent-child story time.	~1