



TREC Social Emotional Learning (SEL) Resources



Social and Emotional Learning (SEL)

An integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. (From: CASEL.org)

On-demand TREC SEL Resources

Learning about SEL:

- *A Brief Introduction to Social Emotional Learning*
- *Social Emotional Learning*
- *Social Emotional Learning Webinar by Playformance*

For Supporting Student's SEL:

- *Adverse Childhood Experiences*
- *A Panel on Creating and Supporting Trauma Informed Classrooms*
- *Playformance Unofficial Starts*
- *Social Emotional Learning in the Garden*

For Educator Resilience:

- *AAUW Balancing Lifestyles with Stress and Anxiety in Today's World*
- *April Webinar: Riding the Waves of Change (VOD)*
- *Building Resilience as a Protective Factor for Burnout (VOD)*
- *Compassion Fatigue and Self Care*
- *Managing Transitions: Making the Most out of Uncertainty*
- *Playformance Educator Meditation*
- *Stress Strategies for the Educator and Classroom*
- *Trauma Informed Teaching and Care*
- *Wellness in Workplace Panel*

**Use resources to build your resiliency,
along with your students!**



El Rio Health's Create a Healthy Tomorrow includes many SEL resources for educator self care and mindfulness:

- ***El Rio's Stress Strategies for the Educator and Classroom***
- ***El Rio's Mindful Breathing***
- ***El Rio's Mindful Senses***
- ***El Rio's Mindful Sleep***
- ***El Rio's Physiology of Emotions***
- ***El Rio's EFT Tapping***