Marshall
Street

Social-Emotional Learning Curriculum

This Social-Emotional Learning (SEL) resource intends to provide guidance on research-based SEL curricula for middle and high school students.

In this guide, you will find:
- Defining Criteria for Each Component
- Comparative Research on 6 Social-Emotional Learning Curricula:
    a. [Brainwise](#)
    b. [iControl](#)
    c. [Second Step](#)
    d. [Social Thinking](#)
    e. [Youth Communication](#)
    f. [The Zones of Regulation](#)
- Resource Bank
- Appendix

Audience: Administrators, Special Education Departments (directors and teachers), Related Service Providers (e.g. Speech and Language Pathologists, Occupational Therapists)

Defining Criteria for Each of the Component

Three key areas are regularly identified when discussing a need for a new curriculum for students: daily living skills, self-determination and emotional learning. For the purpose of this proposal, those items have been named and defined as **functional skills**, **self-determination** and **social-emotional learning**. Using common definitions and language offers clarity and continuity for review of curriculum components for student learning needs.

[Functional Skills](#): Skills students need to live and function independently as members of the community. Functional skills may look differently for various student needs, therefore they are broken down into each of these domains:
- **Daily Living/Life Skills**: self-toileting, self-feeding, making simple requests, dressing
- **Functional Academic:**
    - Math: Telling time, using money, counting, personal finances
    - Literacy: Signs, reading directions, recognizing symbols
- **Community-Based Skills:** Public transportation, crossing intersections, shopping
- **Social Skills:** Interactions with community members, peers, and teachers

[Self-Determination](#): As students grow and learn, they build abilities to function as adults. Self-determination skills can help support students with transitioning to independence of adulthood.
- Self-determination can include:
    - Choice Making
    - Decision Making

- Problem Solving
- Goal Setting and Attainment
- Self-Advocacy and Leadership
- Self-Management and Self-Regulation
- Self-Awareness and Self-Knowledge
- Research has said self-determination in a school setting may include:
  - Students being more academically successful and engaged in schoolwork
  - Students contributing actively to their educational and transition planning
  - Students experiencing more post secondary involvement
  - Students reporting higher quality of life and more positive experiences in early adulthood

Social-Emotional Learning: According to CASEL, "Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions." There are five core topics:
- Self Awareness
- Self Management
- Responsible Decision Making
- Relationship Skills
- Social Awareness

Comparative Research

Below are six Social-Emotional Learning curricula initially researched for middle and high school whole school or small group implementation. The left side of each table provides a description of the program and curriculum options, as well as any relevant details on program availability or implementation. The right side of the table indicates the focal areas, as defined above, that are addressed within each curriculum, as well as targeted additional resources that are available within the curriculum options. Use of asterisks indicate that some options for the resource are available, with more information provided in the rationale.

BrainWise		
Description		**Focal Areas Addressed**
The BrainWise Method uses innovative teaching techniques, a scripted curriculum, and visuals to teach students a series of essential emotional, social, and cognitive skills called "The 10 Wise Ways." Each curriculum kit includes scripted curriculums for students. Options are available for grades K-5 and grades 6-12, workplace examples for adults that can be integrated into the lesson plans, a companion book for teens, parents and other adults, worksheets in English and Spanish, posters, cards, and bookmarks. In use in the USA, Canada, China, India and 14 other countries. It has been studied in social services settings and with mental health provider agencies.	***	Functional Skills
	✓	Self Determination
	✓	Social Emotional Learning
	Resources Available for Use	
	✓	Multiple Grade Levels
	***	ELL Supports *Spanish offered
		Online Learning Platform
	✓	Family Communication Tools

	✓	Inclusion Consideration
	✓	Data Tracking Resources

Cost: Curriculum Kits (K-5, 6-12, or Brainwise One-on-One) $150; $190 if purchased with poster set
Individual Student Sets or Companion Books (workbook, certificates, card deck, etc): $15

Explanation

Brainwise appears to have wide use with education and social service organizations. The official website provides limited information about the specific content available in the modules/lessons; however, web searches provide access to articles and blogs that describe the "10 Wise Ways" outlined in the program. This program appears to address self-regulation and social-emotional learning topics, as well as incorporate some aspects of functional skills. Mention of programmatic elements within social services or counseling settings indicate materials may include problem solving and decision making worksheets that could contain aspects of functional skill development. The program is available in Spanish, offers family communication and support materials, and provides consideration for integration in a variety of inclusive settings. More information is needed on the tools available for functional skill development and data tracking resources, though some are mentioned on the website and within curriculum descriptions.

Additional Resources

- [Research and Results](#) page from BrainWise (including research abstracts available to view)
- The "10 Wise Ways" are listed with brief descriptions on [King Elementary School's webpage](#)

---

iControl		
Description	**Focal Areas Addressed**	
I Control is a full year tertiary intervention designed to teach three self-regulation skills: Goal Setting, Emotion Control, and Problem Solving. Consisting of 47 lessons to be taught sequentially, I Control includes graphic organizers, visual supports, and a variety of hands-on activities. The goal of I Control is to foster self-regulation and improve social/emotional outcomes for middle school students with emotional & behavioral disorders (EBD). Currently in development as part of a grant funded research project. Must be a participating school/teacher to access materials and create logins for students on the Brain Lab online platform. Can contact the Research Group to inquire about joining the project. I Control taps Executive Functioning (EF) skills such as inhibition of impulses, initiating, planning, strategy switching, and maintaining information in working memory. Our Theory of Change illustrates how these self-regulatory functions are fundamental to goal setting, emotion regulation, and problem		Functional Skills
	✓	Self Determination
	✓	Social Emotional Learning
	Resources Available for Use	
		Multiple Grade Levels *Middle School only
		ELL Supports
	✓	Online Learning Platform
		Family Communication Tools
	✓	Inclusion Consideration
		Data Tracking Resources

solving skills which, in turn, contribute significantly to social-emotional competence.		

Cost: unknown

Explanation
iControl curriculum is a targeted option for middle school students only. It is currently in development, therefore use and involvement is only afforded to select participants. It appears to focus on self-regulation and students with emotional behavioral disabilities and offers curriculum and strategies for executive functioning skill training. The online platform is currently password protected, therefore the available contents and resources are little known beyond the brief descriptions available on the resources linked below.

Additional Resources
- University of Florida research group website   - iControl presentations available for download and viewing

---

Second Step	
Description	**Focal Areas Addressed**

Description	Focal Areas Addressed	
Second Step is a research-based, holistic and comprehensive approach that provides educational professionals, families, and the larger community with tools and resources to take an active role in social-emotional growth, the safety of children, school culture, and academic success. 70 countries employ the Second Step and reach more than 15 million students, annually. Break Down of Units: **PreK:** - Skills for learning empathy - Emotion Management - Friendship skills and problem-solving - Transitions to kinder **Elementary:** - Make friends - Manage their emotions - Solve problems - Deal with peer pressure **Middle School:** - Mindset and goals - Recognizing bullying and harassment - Thoughts, emotions, and decisions - Managing relationships and social conflicts **Out of School: In the development stage**	✓	Functional Skills
	✓	Self Determination
	✓	Social-Emotional Learning
	Resources Available for Use	
	✓	Multiple Grade Levels
	✓	ELL Supports
	✓	Online Learning Platform - **For 8th Grade** - **Access to CD's come with specific purchased curriculum**
		Family Communication Tools
	✓	Inclusion Consideration
	✓	Data Tracking Resources - **Comes with curriculum**

- After school setting - Beyond classroom learning environments Grades: **SEL** - PreK-8 **Bullying Prevention** - K-5 (possibly 8 with the new enhancements) **Child Protection** - 6-8		

Cost:
- **PreK**- $459
- **Elementary** - $3,419
- **Middle** - $2,749.00 *to* $8,799.00

*Bundle options including Child Protection curriculum and resources

Explanation

Second Step provides resources and curriculum based on the developmental stages of students. Second Step can be implemented throughout an entire district, school, down to a single classroom. There was not information on parent communication but resources may be embedded within the curriculum.

Additional Resources

Under Programs you can access a variety of resources, such as but not limited to:
- Sample Lessons - be able to review lessons that come with the curriculum
- Free Webinars - hear from experts and learn more about Second Step
- Success Stories - read positive outcomes and stories of Second Step
- Principal Toolkit - provides leadership access to the essentials for Second Step

---

Social Thinking		
Description	**Focal Areas Addressed**	
Social Thinking® is making sense of our own and others' feelings, thoughts, emotions, intentions. This includes context where we are co-existing and interacting, or figuring out what is happening from a distance. Social Thinking has evidence based practices for social competencies, including self-regulation, social-emotional learning, executive functioning, perspective taking, social problem solving. Social Thinking as **10 Best Sellers** dedicated to social emotional learning: - Thinking About YOU Thinking About ME - *recommended as a starting place* - Think Social! - You are a Social Detective! - Social Thinking and Me - We Thinkers! Volume 1 - We Thinkers! Volume 2 - The Zones of Regulation	✓	Foundational Skills
	✓	Self Determination
	✓	Social Emotional Learning
	Resources Available for Use	
	✓	Multiple Grade Levels
		ELL Supports
	✓	Online Learning Platform
	***	Family Communication Tools

• Superflex Curriculum Package • Social Behavior Mapping • Why Teach Social Thinking?	✓	Inclusion Consideration
	✓	Data Tracking Resources - **Comes with curriculum**
Social Learners: "Social learners are individuals ranging from age 4 through adulthood who are learning how the social world works while also learning how to work (navigate to regulate)in the social world (in themselves and others)." **Interventionists:** "Refer to as professionals (all types), family members, and caregivers who strive to understand the social learners with whom they work (and live) in order to teach how the social world works and ultimately how to work (navigate to regulate) in the social world."		

Cost: Cost vary depending on the resource and prices range from $5.00 - $224.00 (price range includes posters, fidgets/manipulatives)

Explanation

Social Thinking is a methodology comprising several frameworks, concepts, strategies, tools, curricula, and lessons that should be assessed based on the students. The curriculum is organized by age range - 4-7 years old; 8-10 years old; 11-13 years old; 14-18 years old; Young Adult; and Adult. On the website there are a variety of articles for parents/families and webinars to access.

Additional Resources

- eLearning - Free webinars and 'ah-ha' teaching moments and browse 8 different eLearning categories
- Articles - Filter by age and different Social Thinking topics such as *but not limited* to Assessment Issues; Common Core; PBIS/RTI

Youth Communication		
Description		**Focal Areas Addressed**
Youth Curriculum is dedicated to engaging struggling youth. The curriculum is dedicated to helping teens build skills to success in school and in life. The curriculum provides real stories, told by real youth students and the sessions provide "dynamic compassionate learning environments." Youth Communication was established in 1980 and reaches 35,000 educators and over two million students. The follow curriculum include professional development for educators and interventionists:	✓	Functional Skills
	✓	Self Determination
	✓	Social Emotional Learning
	Resources Available for Use	
	✓	Multiple Grade Levels

● Transition to College ● Social & Emotional Learning in a Diverse World ● Transition to High School ● High School Social and Emotional Learning ● Middle School Social and Emotional LEarning ● Positive Masculinity ● Girls' Empowerment ● Career Readiness			ELL Supports
			Online Learning Platform
			Family Communication Tools
	✓		Inclusion Consideration
			Data Tracking Resources

Cost: unknown

Explanation

Youth Communication provides real stories for students told by students as well as each curriculum is paired with professional development for interventionists. However, there is no information on resources for students who are English Language Learners, online curriculum, family communication or data tracking resources, although those may be built in within the curriculum.

Additional Resources

- [Testimonials](#) - stories of what students have overcome and strategies they utilize in their daily lives
- [Youth Development Trainings](#) - in additional to PD, there are trainings dedicated to positive youth development topics

---

The Zones of Regulation	
Description	**Focal Areas Addressed**

Description	Focal Areas Addressed	
The Zones of Regulation® is a framework and easy-to-use curriculum for teaching students strategies for emotional and sensory self-management. Rooted in cognitive behavioral therapy, The Zones approach uses four colors to help students identify how they are feeling in the moment given their emotions and level of alertness as well as guide them to strategies to support regulation. By understanding how to notice their body's signals, detect triggers, read social context and consider how their behavior impacts those around them, students learn improved emotional control, sensory regulation, self-awareness, and problem-solving abilities. Learning activities and visual supports are included on a USB for easy printing. Intended for use with ages 4 - adults. Lessons include adaptations for different age groups, but some lessons can feel childish for older students. Supplemental board game and card deck materials were developed with the intention of creating differentiated resources for 12-18 year olds and adults.		Functional Skills
	✓	Self Determination
	✓	Social Emotional Learning
Resources Available for Use		
	***	Multiple Grade Levels
		ELL Supports
	***	Online Learning Platform [Apps available for download](#): - Zones of Regulation app - Exploring Emotions app
	✓	Family Communication Tools
	✓	Inclusion Consideration

	✓	Data Tracking Resources

Cost: $54.99 (book); $134.97 (book and game bundle)
Optional supplemental materials, including posters, board games, card decks (ranging $32 - $55 each)

Explanation

The Zones of Regulation curriculum is widely used as a social emotional learning curriculum for whole class, small group and 1:1 instruction. It does not appear to have specific resources for English Language Learners, online learning platform options or centralized data tracking resources; however, limited data assessment tools are available online for free download and use, and several apps have been developed for individual student use at home or at school. Zones has parent communication forms in three languages and the fidelity checklist provides guidance for use in general education and special education settings. While this program does not have some of the functionalities of multiple grade level kits or curriculum options, supplemental resources available for purchase can extend use and learning with game play, materials are relatively low cost, and the curriculum can be paired with a variety of other materials offered by SocialThinking for extension of practice and instruction.

Additional Resources

- Website offers free assessment tools and self-monitoring reproducibles
- Free Handouts for Common Reproducibles:
    - English: Reproducible A, Reproducible B, Reproducible E
    - French/Français: Reproductibles A, Reproductibles B, Reproductibles E
    - Spanish/Español: Reproducible A, Reproducible B, Reproducible E
- Fidelity Checklist for Implementation

Resource Bank

The following resources were collected as supplemental information for research, training or tools for interventions relating to SEL learning. These resources might benefit school communities as they consider options for comprehensive multi-year curriculum and interventions for functional skills, self-determination and social-emotional learning. These items do not correlate with any specific programs listed above, and address broader opportunities for tiered approaches to SEL.

- EdWeek's article references three key guides, including:
    - CASEL Guide
    - RAND Corp Guide
    - Evidence for ESSA Standards (from the Federal What Works Clearinghouse).

- 25 resources that include but are not limited to parent communication, integration of technology (e.g. iPad apps), trauma-informed practices, and more

- CASEL: The Collaborative for Academic, Social, and Emotional Learning equips school leaders and teachers on ensuring classroom environments equitably support SEL.

- PBISWorld: interactive website for identifying functions of behaviors and developing intervention ideas and tracking system.

- [SWPBIS](#): School-wide Positive Behavior Intervention Support provides tiered resources and supports for districts, students and families.

- [Panorama Ed](#) has [webinars](#) and virtual learning cohorts focused on SEL. One airing 4/15/2020 is titled, "From Vision to Action: Growing SEL in Your District"

- STAR Autism Support has a program for independent living and daily living skills titled "Linking Assessment and Instruction for Independent Living ([LINKS](#))" that might be considered for targeted groups of students (autism and developmental disabilities).

- The [Champions for Daily Living Skills](#) program focuses on transitions and life skills planning for 16-21 year olds and might be considered for targeted groups of students.

Appendix

Which program or programs does/do your district or school use to teach social-emotional learning?

Select all that apply. Top ten responses:

Program	Value
PBIS	44%
Second Step/Committee for Children	20
Don't use a program	18
Responsive Classroom	15
Zones of Regulation	15
A school, district, or state program	10
Character CountsPositive	10
Discipline	10
CASEL	9
Leader In Me	7

SOURCE: EdWeek Research Center survey, 2020

Take Me to All Marshall COVID Resources ▸

www.marshall.org/covid/