

## Digital Resources

### Top 10 Tips for Social Emotional Learning (SEL)

#### Families

**ONE:** [AIR: Building Positive Conditions for Learning at Home: Strategies and Resources for Families and Caregivers](#) American Institutes for Research (AIR) is one of the world's largest behavioral and social science research and evaluation organizations. AIR's mission is to generate and use rigorous evidence that contributes to a better, more equitable world.

**TWO:** [CASEL: Parent SEL Resources](#) CASEL was formed in 1994 with the goal of establishing high-quality, evidence-based social and emotional learning (SEL) as an essential part of preschool through high school education. Additional information and resources can be found at: <https://casel.org/homes-and-communities/>

**THREE:** [Sanford Harmony: Harmony at Home](#) Harmony at Home is an online toolkit for educators, families, and caregivers to teach vital social emotional learning (SEL) skills to boys and girls at no cost using the strategies Sanford Programs has developed for classroom teachers.

**FOUR:** [Parent Toolkit: Social & Emotional Development](#) This resource features videos, news, and advice. Parent Toolkit is a Pre K-12 resource developed with parents in mind. It's produced by NBC News Learn and supported by Pearson and includes information about your child's development.

**FIVE:** [Inside SEL Social Emotional Learning](#) Inside SEL is operated by Nick Woolf. Inside SEL is an online multimedia initiative focused on curating relevant headlines, policy updates, and articles pertaining to social-emotional learning.

**SIX:** [Center on the Social and Emotional Foundations for Early Learning](#) The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) is a national resource center for disseminating research and evidence-based practices to early childhood programs across the country. CSEFEL is focused on promoting the social emotional development and school readiness of young children birth to age 5.

**SEVEN:** [A Parent's Resource Guide to Social and Emotional Learning](#) Edutopia, founded by George Lucas in 1991, is dedicated to transforming K-12 education so that all students can acquire and effectively apply the knowledge, attitudes, and skills necessary to thrive in their studies, careers, and adult lives.

**EIGHT:** [Ideas and Tools for Working with Parents and Families](#) This is a resource from Collaborative for Academic, Social, and Emotional Learning, University of Illinois at Chicago, and provides information, handouts and book resources for parents.

**NINE:** [PBIS Kids](#) PBIS KIDS serves as a resource to build the foundational cognitive and social-emotional skills that kids need to be successful lifelong learners.

**TEN:** [Parenting for Powerful Learning: 35 Tips](#) Quick tips, prompts and questions to use with your child.

For more information, please contact:

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