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# California Department of Education Social Emotional Learning Newsletter

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January 2022

Volume 41

## Check It Out

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*Disclaimer: The professional learning opportunities and resources contained within are intended solely to provide access to information. The inclusion of an opportunity or resource is neither an endorsement nor recommendation by the California Department of Education (CDE).*

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Send a blank email to:  
[join-sel-planning@mlist.cde.ca.gov](mailto:join-sel-planning@mlist.cde.ca.gov)



*Do you have a favorite resource, interesting article, informative event, etc. that you'd like to share? Send us an email at [CaliforniaSEL@cde.ca.gov](mailto:CaliforniaSEL@cde.ca.gov).*

## WHAT'S NEW?

January for many people is about making goals for self-improvement. What better area to focus on than our mental health? This is an especially important time, considering how January can be a particularly challenging month. As such, the resources in this month's newsletter are dedicated to the theme of mental health.

We would also like to inform you that we've moved! The State Superintendent of Public Instruction Tony Thurmond created a new Equity Branch at the California Department of Education (CDE). Having been previously housed in the Educator Excellence and Equity Division, the SEL work will now be under the Equity Branch. The Equity Branch is committed to work in equity and access for all students. In addition to SEL work, the Equity Branch also focuses on the physical and emotional health of students, school climate measurement and resources, behavioral health, access to services for medical eligible families, and student and staff safety.

With important work underway, this newsletter will return to being produced quarterly rather than monthly, but will continue to provide valuable resources and insight into the many related areas of SEL.

## For Elementary School

**Breath Meditation for Kids.** This video is available for educators not yet comfortable with leading meditations. This calming breath meditation is designed to introduce kids to mindfulness. Kids imagine a sailboat rising and falling over waves as they inhale and exhale.

**Source:** [Meditation Channel](#)



**What Can I Control?** This is an activity for students who want to control everything. Students begin by tracing their hands onto the paper. On the inside of the hand, write, "In my control." On the outside of the hand outline, write, "Out of my control." There is an accompanying video as well.

**Source:** [Counselor Keri](#)

**Positive Self Talk Flower.** Students will need a copy of the handout and something to write with to create this craft. Can be done during virtual learning or assigned to do at home.

**Source:** [Mind in Somerset](#)

### **Free Relaxation Scripts for Kids.**

This site has free meditation scripts for children, from full body relaxation exercises to fun adventures like a magic carpet ride.

**Source:** [Green Child Magazine](#)



## For Middle and High School

**Self-Care in Middle School.** This video series and accompanying toolkit discuss stresses in life—schoolwork, conflict with peers, and more. Hear from students in middle school, high school, and college about the stresses in their lives and how they practice self-care to manage. The stories shared cover a range of topics, including mention of bullying, gender identity, and self-harm. For teachers, download the companion activity toolkit for classrooms.

**Source:** [The Clay Center for Young and Healthy Minds](#)

**Mental Health Challenges and Latinx Children and Teens.** Follow this Podcast about the unique mental health challenges impacting Latinx and Hispanic families. Dr. Carraballo’s experience as a child and adolescent psychiatrist, and also as a parent, helps us to think more about ways to address stigma and other barriers to accessing mental health care within Latinx communities.

**Source:** [The Clay Center for Young and Healthy Minds Podcast](#)



Image by [mohamed Hassan](#) from [Pixabay](#)

**Stress Lesson.** This lesson plan discusses stress and how everyone experiences it. Educators can guide students through an activity in which students decide to reduce the stress level in people’s lives by creating a new Internet service called Stress Mail. Students will respond to peer emails about stress by providing helpful suggestions for dealing with the stress.

**Source:** [Kids Health in the Classroom](#)

**Talking About Mental Illness.** Consider teaching mental illness through the voice of lived experiences. Talking About Mental Illness is a six-part interactive classroom program exploring the experiences of young people who live with mental illness. By taking part in this program, students will gain insight into: what it is like living with a mental illness, how to help a friend they are worried about, helpful conversations, and how to boost their mood and keep mentally well.

**Source:** [Black Dog Institute](#)

## For Adults

**My Well-Being.** View the Greater Good in Education (GGIE) site for numerous practices for cultivating the social and emotional well-being of school staff members. Topics include: trauma and resilience for adults, self-compassion, gratitude, mindfulness, and more.

**Source:** [UC Berkley GGIE](#)

### **Nine Self-Care Tips for Teachers.**

This article shares nine self-care tips for teachers. Some of the tips with strategies to support them include: setting healthy boundaries, taking breaks, celebrating successes, and more.

**Source:** [The Clay Center for Young and Healthy Minds for Teachers](#)

### **Five Strategies for Self-**

**Care.** The article reminds educators that, "...we can't serve our students well if our own energy is being critically drained by stress and fatigue." Read about the five strategies that teachers can start using right away that will lead to better self-care.

**Source:** [ASCD](#)

### **Developing a Self-Care Plan.**

Develop a Self-Care Plan. Learn to identify activities and practices that support your well-being as a professional and help you to sustain positive self-care in the long term.

**Source:** [Reach Out](#)





## Additional Resources

### Free Mental Health Resources

To receive information about any resources, training opportunities for staff and/or parents, send a blank message to [join-k12mh@mlist.cde.ca.gov](mailto:join-k12mh@mlist.cde.ca.gov) to join the K-12 Mental Health (K12MH) Listserv.

### Help for Students in Crisis Web Page



At the onset of school closures, the CDE created the Help for Students in Crisis web page <https://www.cde.ca.gov/ls/cg/mh/studentcrisishelp.asp> that contains helpful resources for addressing mental health and wellness while school sites are closed and/or if parents or staff are looking to support a student in crisis during, at any point. The page contains various crisis lines to contact in case you are worried about someone who might be emotionally distressed or having thoughts of suicide. It is important to remember that you do not have to be in crisis to call or text and anyone can call to talk out a problem they have or on behalf of someone else.

# TeenLine



**TEXT TEEN to 839863**

6-9 p.m.

**CALL 800-852-8336**

6-10 p.m.

## CALL

Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help! Call (310) 855-HOPE or (800) TLC-TEEN (nationwide toll-free) from 6pm to 10pm PST.

## TEXT

Text "TEEN" to 839863 between 6:00pm-9:00pm PST to speak with one of our teens (Text STOP to opt out. Standard msg and data rates may apply - [click here](#) for terms and conditions).

## EMAIL

TEEN LINE answers emails every evening. You can send us a question, and we will answer you as quickly as possible.

## MESSAGE BOARD

You can ask other teens questions on our message boards. Read through the discussions and login or register to join the conversation.

TEEN LINE is a non-profit, community-based organization that provides emotional support to youth. Their mission is to provide peer-based education and support before problems become a crisis, using a national hotline, community outreach and online support. Calls, texts, or emails sent to TEEN LINE are answered by teen volunteers who undergo a rigorous training process to ensure that they are ready to take calls. The teen volunteers are named Listeners to emphasize the importance of listening to a caller's issues rather than giving advice. For more information click <https://teenlineonline.org/>.

## LivingWorks Start Online Suicide Prevention Training



The CDE, San Diego County Office of Education, and LivingWorks are offering the 90-minute LivingWorks Start Online Suicide Prevention Training available to **middle and high school staff and students in California public schools**. The training helps participants learn to recognize when a young person might be experiencing emotional distress or having thoughts of suicide, and teaches them how to connect them to professional help. Students benefit greatly from this training since they often seek help from each other, particularly during school closures when access to school-based counseling services and mental health services is limited. This training was made available to help LEAs meet the training requirements of their suicide prevention policy. If you are a middle or high school teacher, staff, or student in California please access the training <https://www.lwyouthsummit.com/access-training>.

## Angst: Building Resilience Program



The Angst: Building Resilience Program California Statewide Initiative is intended for public middle and high schools, including charter schools. This program, which includes a documentary and accompanying curriculum, is designed to raise awareness around anxiety and mental wellness. The film includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps. The goal is to help people identify and understand the symptoms of anxiety and encourage youth to reach out for help. Angst screens in schools, communities and theaters around the world. The film and corresponding materials provide tools, resources and above all, hope. The screening must be scheduled by the district <https://www.indieflix.com/california>.

The Angst film is available for CA parents, guardians, and school staff to watch on the first and third Wednesday of the month between 5pm-9pm through June 30th. Register to stream the film at: <https://www.indieflix.com/california>

To learn about best practices in implementation, join the iNDIEFLIX Office Hours every Wednesday on Zoom 3:30 - 4:30 pm PST

<https://us02web.zoom.us/j/87987429027>

Meeting ID: 879 8742 9027, Passcode: 575434

One tap mobile: +1-669-900-9128, Meeting ID: 87987429027#, Password: 575434# US (San Jose)

## A Trusted Space



As the nation navigates an unprecedented school year, this film and curriculum offers tools to mitigate the effects of grief, trauma, anxiety, and other emotional stressors affecting both students and teachers.

The 43-minute film features teachers, parents, students, and renowned experts including Linda Darling-Hammond and Pedro Noguera, among others. The accompanying research-based SEL curriculum provides a practical, empathetic, and scientific understanding of how trauma impacts behavior and learning, and how to manage it within any classroom setting. The curriculum shares specifically how to develop 5 core social emotional 'muscles' to help teachers improve their mental health while also creating trust with youth, to mitigate the effects of stress and open young minds to learning. To access this program, click

<https://ca.pbslearningmedia.org/resource/ts20-a-trusted-space-video/a-trusted-space/>

## Youth Mental Health First Aid (YMHFA) Trainings



The CDE has been delivering Youth Mental Health First Aid Trainings, at no cost to LEAs schools, and community organizations. The training teaches youth-serving adults how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adult participants the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. The trainings are made available with funding from SAMHSA and Blue Shield of California's Blue-Sky Initiative. For additional information, please click <https://www.cde.ca.gov/ls/cg/mh/projectcalwell.asp>. To schedule a YMHFA training, please send an email to [YMHFA@cde.ca.gov](mailto:YMHFA@cde.ca.gov).

## Resilient Practices for Educators, Staff Members, Administrators and Teams Staff Well-Being Webinar Series



Resilient Practices for Educators, Staff Members, Administrators and Teams

STAFF WELL-BEING WEBINAR SERIES

The CDE, Kaiser Permanente, and the Alliance for A Healthier Generation are offering monthly webinars to address staff wellness. Topics include Preventing and Moving out of [the Burnout Cycle](#); Communicating [Healthy Boundaries](#) for Individual and Collective Well-Being; Growing Relationships with Effective Complaining and [Gratitude](#); Positive Self-Care Strategies for Educators; Building a Positive Work Culture by Leveraging Team Members' Strengths; Modeling the Path to Self-Regulation for Students and Colleagues; and Giving and Receiving Feedback for Impactful Relationships. Register for the series at [bit.ly/StaffWellBeingCDE](https://bit.ly/StaffWellBeingCDE).

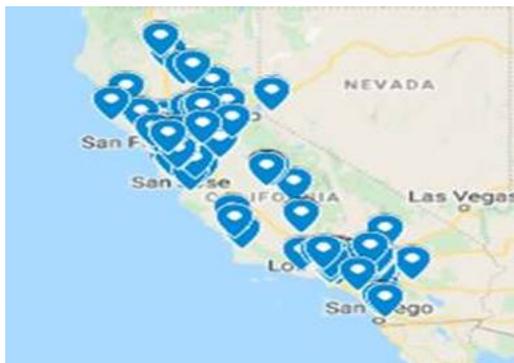
## Building a Network of Safety for School Communities Suicide Prevention Monthly Webinar Series



The CDE is offering monthly webinars to address youth suicide prevention and share best practices, lessons learned, and support LEAs in strengthening their prevention, intervention, and postvention practices as well as form partnerships with community organizations. Register for the webinar series

[https://us02web.zoom.us/webinar/register/WN\\_TP0TAGEFTfOo5yJSI3EXiQ](https://us02web.zoom.us/webinar/register/WN_TP0TAGEFTfOo5yJSI3EXiQ).

## California Alliance for Children and Family Services Resource Map



This map was created in collaboration with the CA Children’s Trust. If our map is missing a resource center, please contact us at [info@catalyst-center.org](mailto:info@catalyst-center.org). This map is intended to be a tool for providers, policy makers, education partners, youth, families, and others who are looking for services in their community. Each of the interactive “pins” on the map contains additional information about that organization including location, types of services offered, contact information, and budget.

To search for an agency, click the full screen button on the top right on the map below to access the full map. From there, click the search icon. You can search for an Agency by any of our included information (Agency name, service areas, address, etc.). To access the map, click <https://www.catalyst-center.org/resources>.

## Mind Out Loud Virtual Student Event



Mind Out Loud (MOL) is a FREE virtual student event which will be held on Saturday, March 12, 2022 from 10:00 am. to 4:00 p.m. MOL promotes student mental health, aims to eliminate stigma, and provides resources for suicide prevention in a safe and inclusive environment. Middle and high school students from across the nation and around the world are invited to join to:

- Connect with peers
- Hear from engaging speakers to learn practical tools for wellness (last year's speakers included author of *Concrete Rose* and *The Hate You Give* Angie Thomas, Max Stossel from Netflix's *The Social Dilemma*, musical artists: Big Sean, Propaganda, and Nahoa Life, and many others.
- Increase mental health awareness and advocacy for themselves and for friends
- Learn about suicide prevention
- Eliminate stigma around mental health

Students also have an opportunity to become MOL Student Representatives. These are high school students who work towards increasing mental health awareness, ending stigma, educating peers about suicide prevention, and advocating for the mental health and wellness of students. To register for the FREE one-day student virtual event, please click <https://www.mindoutloud.org/>. To learn more about the student rep opportunity, please click <https://www.mindoutloud.org/studentreps>.

## National Alliance on Mental Illness (NAMI) on Campus High School (NCHS)



The NCHS is a student-led club that focuses on mental health and wellness and provides a critical opportunity that fosters student involvement, promotes youth voice, awareness, and self-advocacy. The NCHS provides activities for youth that help decrease bullying and the stigma often experienced by those living with mental illness, potentially averting mental health crises, helping reduce youth suicide, and increasing school safety. Students involved in NCHS Clubs and activities are becoming lifelong advocates in the mission to eliminate the stigma and discrimination associated with mental illness and eliminate suicides. To complete an interest form today and start the club on your campus, please go to <https://www.surveymonkey.com/r/CQJQN%206J>

### Directing Change Program and Film Contest



The Directing Change Program and Film Contest engages students and young people to learn about the topics of mental health and suicide prevention in an innovative way through film. Students and young adults are invited to submit 60 second mental health or suicide prevention-related public service announcements. Anyone can read about important health topics, but to create a film about them, be respectful, and think deeply about impacting their peers, requires a level of involvement that has a lasting impact.

The goals of the program are to:

- Inspire a new generation to know the warning signs for suicide and how to support a friend
- Change conversations about mental health in families, schools, and communities and increase help-seeking
- Reach young people from non-English speaking families, immigrant and other cultures to communicate about mental health, wellness, and suicide prevention through the lens of culture.
- Give back by using these films to advocate, change minds and attitudes, and possibly save a life.

The film categories are:

- Suicide Prevention
- Mental Health Matters
- Through the Lens of Culture
- Animated Short
- Walk in Our Shoes (for middle school students)

The deadline for the annual film contest is March 1, 2022.

There is also a monthly contest, *Hope and Justice*, to address a social impact prompt

- Visual Art –
- Original music
- Short video, animation, or TikTok
- Radio PSA
- Video PSA
- Blog, poem, spoken word, essays, or other narrative

For more information about the program and film contest, click

<https://directingchange.org/>.

# California Youth Empowerment Network



California Youth Empowerment Network (CAYEN) was formed to develop, improve and strengthen the voice of Transition Age Youth (TAY, those between 16 and 25 years old in local and state-level policy. CAYEN engages youth and young adults who been touched in some way by the mental health, juvenile justice or foster care systems. They are passionate people – consumers, family members and friends of people living with a mental illness.

TAY must have their voices heard because:

- Their experience matters
- They help create better systems
- They bring passion and dedication
- They are experts in the youth experience

For additional information on CAYEN, please click <https://ca-yen.org/>

## MY 3 APP



**Target audience:**  
Those at risk for suicide

**Purpose:**  
Getting those at risk for suicide connected to their primary support network when they are in crisis; also provides safety planning and other helpful resources



<https://my3app.org>

My 3 app is a free app for safety and support to anyone who may be thinking of suicide – it defines your network of 3 ppl to reach out to and helps define a plan to stay safe. With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of

suicide. Who are your 3? Is it your sister? Your therapist? Maybe even a neighbor down the street? Download MY3 to make sure that your 3 are there to help you when you need them most.

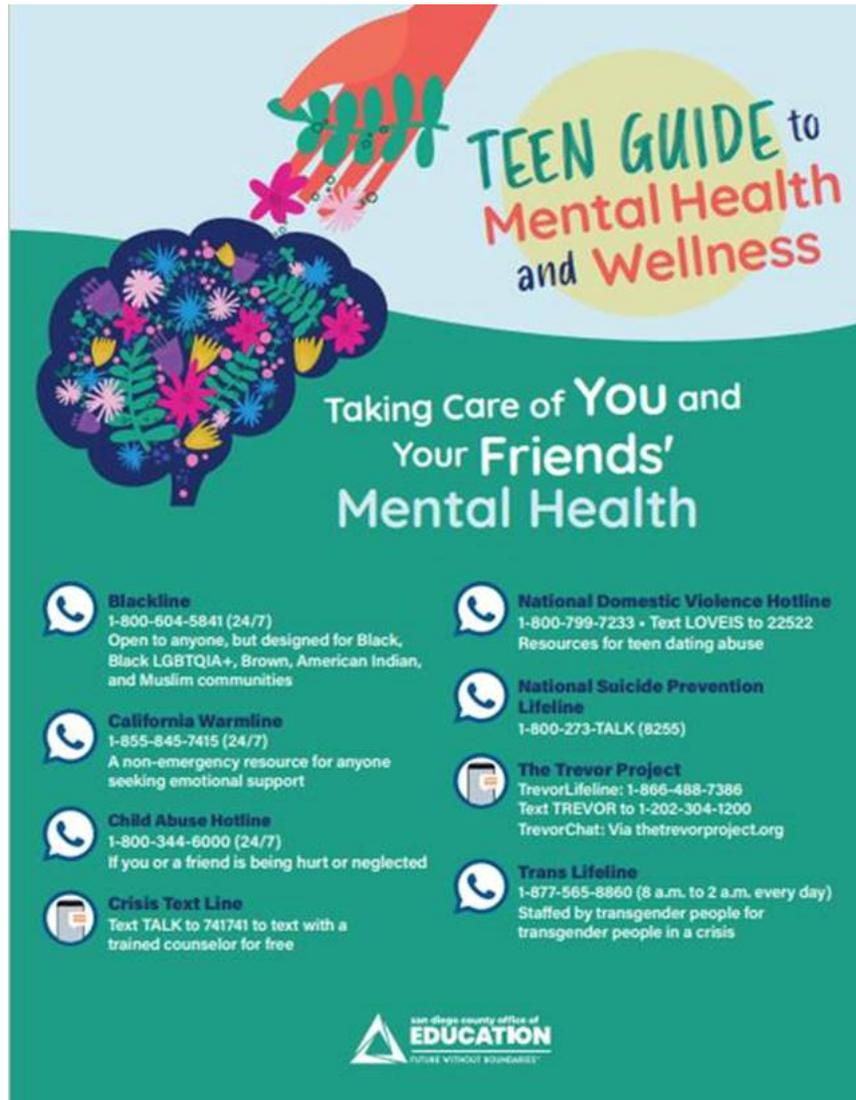
MY3 is available in the Apple App Store and Google Play, free of charge. Click below on your preferred mobile application provider for instructions on how to download MY3 to your mobile device. You can access the app <https://my3app/>.

## Virtual Hope Box



Virtual Hope Box is a multi-media coping skill app designed for people who are struggling emotionally. It contains four main features: distraction, inspiration, relaxation, and coping skills. The distraction techniques include games that require focus, like Sudoku and word puzzles. The relaxation techniques offer a variety of guided and self-controlled meditation exercises. The coping techniques offer suggestions for activities that reduce stress. The inspiration section offers brief quotes to improve mood and motivation. The app can be used in collaboration with a mental health provider through the “coping cards” feature, which can be programmed to address specific problem areas. The relaxation tools can also be used with a clinical professional or other meditation partner, if desired. To access the app click <https://apps.apple.com/us/app/virtual-hope-box/id825099621>.

# Teen Guide to Mental Health and Wellness



**TEEN GUIDE to  
Mental Health  
and Wellness**

**Taking Care of YOU and  
Your Friends'  
Mental Health**

-  **Blackline**  
1-800-604-5841 (24/7)  
Open to anyone, but designed for Black, Black LGBTQIA+, Brown, American Indian, and Muslim communities
-  **California Warmline**  
1-855-845-7415 (24/7)  
A non-emergency resource for anyone seeking emotional support
-  **Child Abuse Hotline**  
1-800-344-6000 (24/7)  
If you or a friend is being hurt or neglected
-  **Crisis Text Line**  
Text TALK to 741741 to text with a trained counselor for free
-  **National Domestic Violence Hotline**  
1-800-799-7233 • Text LOVEIS to 22522  
Resources for teen dating abuse
-  **National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)
-  **The Trevor Project**  
TrevorLifeline: 1-866-488-7386  
Text TREVOR to 1-202-304-1200  
TrevorChat: Via [thetrevorproject.org](http://thetrevorproject.org)
-  **Trans Lifeline**  
1-877-565-8860 (8 a.m. to 2 a.m. every day)  
Staffed by transgender people for transgender people in a crisis

 **san diego county office of  
EDUCATION**  
FUTURE WITHOUT BOUNDARIES™

## 5 WELLNESS Tips for Teens

- 1 Find the calm in the chaos.** Connect to your senses through a grounding activity. 📺
- 2 Maintain a daily routine** with consistent sleep, nutrition, study patterns, and joyful activities.
- 3 Practice digital well-being** by setting boundaries, taking a break when needed, and maintaining a healthy screen/life balance.
- 4 Balance time for yourself** while staying connected with others. Reflect on how you are spending your time. 📺
- 5 Treat yourself** with the same compassion you would a friend. Practice Being Kinder to Yourself. 📺

### PERSONALIZED Mental Health SUPPORTS

**Mental Health Questionnaire**

Wondering how to talk with someone you trust about mental health and wellness? A mental health questionnaire can be a first step. Visit [Mental Health America](#) to check your symptoms. It's free, confidential, and anonymous.

**A Culturally-Affirming, Innovative Community**

**Brother Be Well** is a unique platform for boys (13+) and men of color blending awareness, innovation, education, and healing pathways to reduce disparities, disrupt prolonged suffering, and improve health and mental wellness.

**GritX Personalized Resources**

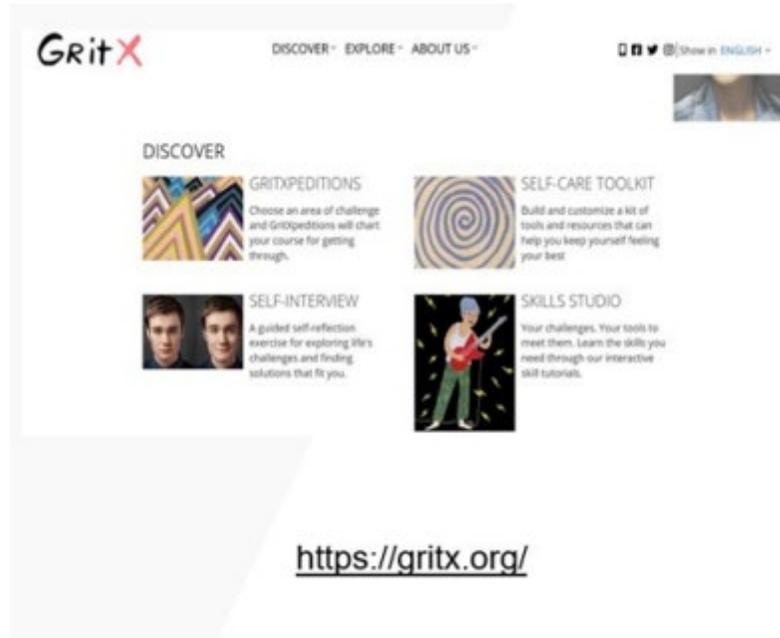
Design your own self-care toolkit. This is about you. Your experiences. Your challenges. Your tools to meet them.

### APPS FOR TEEN WELLNESS

A FRIEND ASKS	SELFSEA	VIRTUAL HOPE BOX	STOP, BREATHE & THINK	My3	MINDSHIFT
Help a friend or yourself who may be struggling with suicide	Take a short questionnaire to connect you with personalized support	Store and view things that give you hope and support	Build emotional strength to tackle life's ups and downs	Define your network and safety plan in time of crisis	Strategies to help cope with stress and anxiety

The Teen Guide to Mental Health and Wellness was developed by the San Diego County Office of Education and serves as a resource you can print, email, or post to share with students. The first sheet includes helplines and the second sheet includes 5 wellness tips for students. TO download the guide click <https://www.sdcoe.net/student-services/student-support/Documents/Mental%20Health/Teen%20Guide%20to%20MH-Flyer-%20082621.pdf>.

## GritX



Gritx- a guided self-reflection online tool to help explore life's' challenges and help in finding solution. It includes a self-care tool kit and exercises for catching your breath and so much. GritX is your judgment free guide to facing life challenges and personal growth. This interactive program provides scientifically proven, therapeutic exercises by our team of experts from the University of California, San Francisco. Something on your mind? Chat with GritX, an emotionally intelligent, conversational AI. Feeling adventurous? Embark on a GritXpedition and get in depth skill building resources. You can access Gritx <https://gritx.org/>.

## UPCOMING EVENTS



### **2022 National Elementary and Secondary Education Act Conference**

The goal of SEL is to help students better understand their emotions and to create happy and healthy learners. SEL can be implemented in many ways and the 2022 National Elementary and Secondary Education Act (ESEA) Conference has an abundance of sessions geared towards it. Some of the highlighted sessions during the 2022 National ESEA Conference that speak to SEL are: Humanizing Educators and Maximizing Outcomes: Adult Wellness/SEL, Navigating the Pandemic: Braiding Federal Funds to Support Academic Achievement and SEL, Sending Out an SOS for SEL: Revitalizing Every Lesson with SEL, and more. The ESEA Conference will be February 16–19, 2022. Registration pricing varies. View the [ESEA Conference website](#) for registration details.

### **2022 California Multi-tiered Systems of Support (CA MTSS) Professional Learning Institute Call for Presenters**

The CA MTSS 2022 Planning Committee is pleased to announce the Call for Presenters for the California MTSS 2022 PLI on July 12–14, held at the Anaheim Convention Center. This year's theme "Hear Me, Together We Rise" will continue to focus on promoting excellence, equity, and access through the CA MTSS Framework and the CDE's School Conditions and Climate Work Group Recommendations Framework (CCWG). The goal this year is to support site-based educators with focused, school-based level instruction, tools, and resources to support Inclusive Academic, Inclusive Behavior, and Inclusive Transformative Social Emotional Instruction and Mental Health Support. Site based educators have direct connection with students and it is critical we include them in this very important work. The conference will also support other stakeholders as well; administrators, school counselors, school psychologists, school-based mental health clinicians, site and district leaders, county offices of education leaders, and CBOs, to name a few. The deadline for presenters to submit a proposal is February 22, 2022. Access the Call for Presenters Application [here](#).

# California Department of Education's Transformative Social and Emotional Learning Initiative

## Background

Join the Movement for Systemic, Statewide  
**Transformative Social &  
Emotional Learning in CA!**

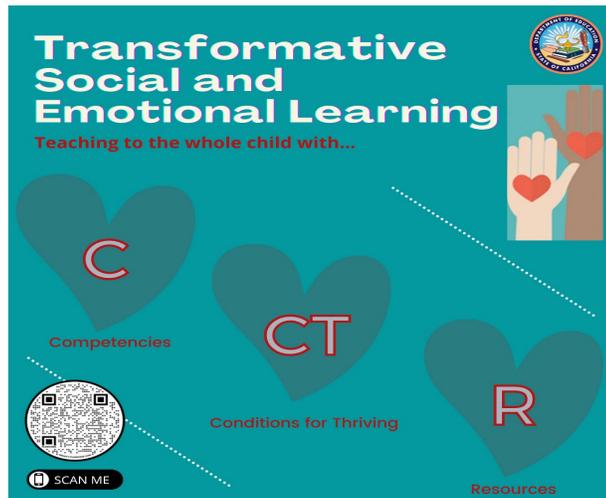


In 2017, the CDE SEL Team (a work group of practitioners, scholars, and leaders from across the state) developed the [California SEL Guiding Principles](#), which affirmed SEL as “an essential part of a well-rounded, quality education in all youth-serving settings.” In addition to creating the Guiding Principles, the CDE’s first SEL Team generated a suite of recommendations that called for the development of voluntary practice guidelines that spoke explicitly to California’s diverse regional, cultural, racial, linguistic, and socioeconomic contexts.

In early 2020, State Superintendent of Public Instruction (SSPI) Tony Thurmond, First Partner Jennifer Siebel Newsom, and State Board of Education President Linda Darling-Hammond launched the Advance SEL in California Campaign. The initiative engaged diverse California education stakeholders to gather perspectives on SEL practices, needs, and goals.

The project culminated with a [report](#) (informed by the participation of nearly 2,000 educators, students, parents, and community members) on the status of SEL in California, with recommendations for how teachers, school leaders, and families across the state can address the social and emotional needs of students. The key finding of the initiative was that SEL is more important than ever—and racial equity must be an integral part of SEL supports.

To implement the recommendations made by the first CDE SEL State Team and those contained in the Advance SEL report, the CDE convened a new [SEL Work Group](#) in 2020.



Over the course of more than a year, the 2020 CDE SEL Work Group developed three core products:

- [Kindergarten–Adult Transformative SEL Competencies](#)
- [Transformative SEL Conditions for Thriving](#)
- Collections of resources to support implementation:
  - [Competencies Implementation Resources](#)
  - [Conditions Implementation Resources](#)
  - [School-Based Themed Resources](#)
  - [SEL Group Space](#)

These guidance tools, developed for voluntary use, aim to build on and respond to the call from California’s diverse stakeholders to embed equity-focused T-SEL in every learning and teaching context across the education system.

While a diverse team of knowledgeable and committed collaborative partners was convened to create these research-based tools, and feedback was solicited from educators and community members across California, the CDE plans to refine these resources as we learn more regarding how they are being used across the state. Please consider [sharing feedback](#) regarding your experiences with the California T-SEL Competencies and Conditions for Thriving.

Please consider sharing this newsletter with anyone who may benefit from these resources. To **subscribe** to the SEL listserv if you are not already, send a "blank" message to [join-sel-planning@mlist.cde.ca.gov](mailto:join-sel-planning@mlist.cde.ca.gov). Follow us on Twitter by searching for the handle @CDE\_SEL.