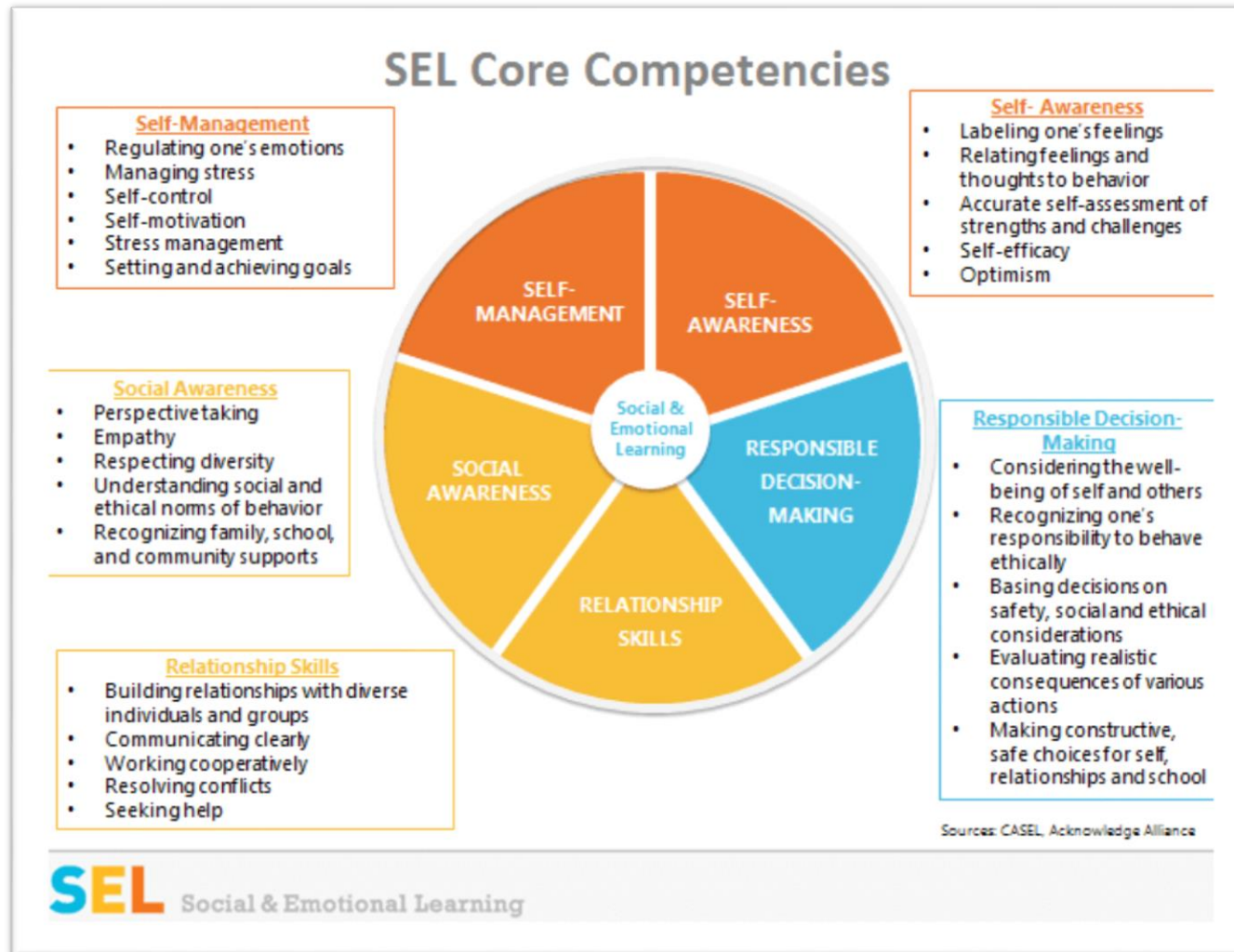


# PATTAN BEHAVIOR INITIATIVE: SEL RESOURCES FOR FAMILIES

## THE SOCIAL EMOTIONAL LEARNING WHEEL (WWW.CASEL.ORG):

NOTE THE 5 CORE COMPETENCIES IN RED, GREEN, AND YELLOW. THEY MAKE UP THE CORE OF SEL WITHIN CLASSROOMS, SCHOOLS, AND HOMES & COMMUNITIES:



OVERVIEW 9 MINUTE VIDEO FOR FAMILIES ON SEL: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Y2D0DA6BZWA](https://www.youtube.com/watch?v=Y2D0DA6BZWA)

ALSO IN SPANISH: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=XZ\\_ACBDI9UK&T=4S](https://www.youtube.com/watch?v=xz_ACBDI9UK&t=4s)

COMPETENCIES AND DESCRIPTIONS ACCESSED FROM *CORE SEL COMPETENCIES*. (2020). CASEL.ORG. [HTTPS://CASEL.ORG/CORE-COMPETENCIES/](https://casel.org/core-competencies/)

# PATTAN BEHAVIOR INITIATIVE: SEL RESOURCES FOR FAMILIES

COMPETENCIES AND VIDEO	SKILLS, ATTITUDES, AND BEHAVIORS	DOCUMENTS	Books	MISCELLANEOUS
<u><a href="#">SELF-AWARENESS</a></u>	<ul style="list-style-type: none"> <li>● IDENTIFYING EMOTIONS</li> <li>● ACCURATE SELF-PERCEPTION</li> <li>● RECOGNIZING STRENGTHS</li> <li>● SELF-CONFIDENCE</li> <li>● SELF-EFFICACY</li> </ul>		<p><u><a href="#">7 BOOKS THAT SHOW IMPORTANCE OF NAMES</a></u></p> <p>AND</p> <p><u><a href="#">BOOKS THAT HELP KIDS KNOW AND LOVE THEMSELVES</a></u></p>	<u><a href="#">SOCIAL EMOTIONAL LEARNING LIST OF BOOKS</a></u>
<u><a href="#">SELF-MANAGEMENT</a></u>	<ul style="list-style-type: none"> <li>● IMPULSE CONTROL</li> <li>● STRESS MANAGEMENT</li> <li>● SELF-DISCIPLINE</li> <li>● SELF-MOTIVATION</li> <li>● GOAL-SETTING</li> <li>● ORGANIZATIONAL SKILLS</li> </ul>			<u><a href="#">TO DOWNLOAD A FREE BOOK LIST OF 100 READ ALOUDS</a></u>
<u><a href="#">SOCIAL AWARENESS</a></u>	<ul style="list-style-type: none"> <li>● PERSPECTIVE-TAKING</li> <li>● EMPATHY</li> <li>● APPRECIATING DIVERSITY</li> <li>● RESPECT FOR OTHERS</li> </ul>	<u><a href="#">35 BOOKS THAT TEACH EMPATHY</a></u>	<u><a href="#">BOOKS ON SEL AND MENTAL HEALTH FROM PICTURE BOOKS FOR YOUNG STUDENTS TO NOVELS FOR TEENS</a></u>	<u><a href="#">VIDEO: DROP A PEBBLE POEM BY J. FOLEY</a></u>
<u><a href="#">RELATIONSHIP SKILLS</a></u>	<ul style="list-style-type: none"> <li>● COMMUNICATION</li> <li>● SOCIAL ENGAGEMENT</li> <li>● RELATIONSHIP-BUILDING</li> <li>● TEAMWORK</li> </ul>		<p><u><a href="#">16 BOOKS THAT MODEL EMPATHY AND KINDNESS</a></u></p> <p><u><a href="#">COOL TO BE KIND: CHILDREN'S BOOKS THAT CHAMPION KINDNESS</a></u></p>	<u><a href="#">READING IS FUNDAMENTAL: SOCIAL &amp; EMOTIONAL LEARNING</a></u>
<u><a href="#">RESPONSIBLE DECISION-MAKING</a></u>	<ul style="list-style-type: none"> <li>● IDENTIFYING PROBLEMS</li> <li>● ANALYZING SITUATIONS</li> <li>● SOLVING PROBLEMS</li> <li>● EVALUATING</li> <li>● REFLECTING</li> <li>● ETHICAL RESPONSIBILITY</li> </ul>		<p><u><a href="#">BOOKS FOR SOCIAL ACTIVISM LEARNING</a></u></p> <p><u><a href="#">7 BOOKS ABOUT KINDNESS FOR TEENS</a></u></p>	<u><a href="#">TRAUMA INFORMED DIVERSE BOOK LIST</a></u>

# PATTAN BEHAVIOR INITIATIVE: SEL RESOURCES FOR FAMILIES

## WEB SITES TO SUPPORT FAMILIES WITH SOCIAL EMOTIONAL LEARNING WHILE YOUTH ARE AT HOME:

### **CONFIDENT PARENTS/CONFIDENT KIDS:**

[HTTPS://CONFIDENTPARENTSCONFIDENTKIDS.ORG/2020/03/13/MY-KIDS-SCHOOL-IS-CLOSED-SO-NOW-WHAT/](https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/)

### **A CASE FOR KINDNESS:**

[HTTPS://WWW.ACASEFORKINDNESS.COM/](https://www.acaseforkindness.com/)

### **RANDOM ACTS OF KINDNESS**

[HTTPS://WWW.RANDOMACTSOFKINDNESS.ORG/KINDNESS-IDEAS](https://www.randomactsofkindness.org/kindness-ideas)

### **ARTICLES:**

[HTTPS://WWW.CFCHILDREN.ORG/WP-CONTENT/UPLOADS/MISSION-VISION/WHAT-IS-SEL/DOCS/SEL-E-BOOK.PDF](https://www.cfchildren.org/wp-content/uploads/mission-vision/what-is-sel/docs/sel-e-book.pdf)