

Social and Emotional Learning (SEL) Library

16 Learning Labs developed by our Trusted Partners at LINC

Social and emotional learning (SEL) helps students develop critical life skills that aid in academic and personal success. This unique library includes:

- Practical strategies for developing students' self-awareness, self-management, and social awareness
- Approaches teachers can use for helping students to build strong relationships with adults and peers
- An equitable, trauma-informed lens for working with students
- Mindfulness strategies for both teachers and students
- Practices for self-regulation and social-emotional connection



Lab Title	Lab Description
Introduction to Social and Emotional Learning	Gain an understanding of the value of Social and Emotional Learning (SEL) and the importance of cultivating SEL skills within adults and students.
Developing Students' Self-Awareness	Make a plan to help students identify their emotions, explore how their emotions can influence the way they act, and identify their strengths and areas of growth.
Developing Students' Self-Management Skills	Discover strategies that help students develop the skills necessary to manage their emotions, thoughts, and behaviors in productive ways. Learn how these valuable strategies help students to set and achieve personal and academic goals, de-stress, and practice self-discipline.
Supporting Students as Responsible Decision Makers	Success in life is ultimately about the decisions we all make every day. Learn to create space for students to learn about and demonstrate responsibility, understand consequences of their actions, and identify solutions to problems.
Building the Social Awareness of Students	Help students take different perspectives, show empathy, and offer compassion for others.
Strategies for Strong Relationship Skills for Students	Help students form positive relationships, deal effectively with conflict, and collaborate as part of a team to build student success in the classroom and beyond. Support students to feel empowered by strong interpersonal relationships.
Facilitating SEL Using a Trauma-Informed Approach	Learn what trauma is and how it affects those who experience it. Understand the importance of facilitating SEL from an equitable, trauma-informed lens.
Mindfulness Strategies for All Ages	Learn the purpose and benefits of mindfulness for adults and students. Discover strategies and integration tips to bring mindfulness to the school community.

Internalizing Social Awareness and Relationship Skills for Adults	Teachers examine their own social awareness and relationship skills through constructive conversation and personal reflection in order to effectively model these SEL competencies for their students.
Exploring Responsible Decision-Making for Teachers	Teachers reflect upon how their different values, priorities, and experiences impact their decision-making and how that affects their students learning this skill.
Connecting Social, Emotional, and Academic Learning	Develop a plan to deliberately integrate SEL into daily lessons/activities so students understand the value of critical SEL skills in helping them succeed.
Connection before Content: Engaging Students Personally before Academically	Explore strategies to create a culture of “Connection before Content” to strengthen relationships and build community within the learning environment. Learn how these emotional connections foster excellence and support students to work at their highest levels.
Practicing Self-Regulation and Social-Emotional Connection as Educators	Explore various aspects related to self-regulation and social and emotional expression.
Supporting Student Success through Social and Emotional Learning	Create a learning environment that allows teachers and students to maintain connections with one another, process their emotions, and creatively express themselves.
Social and Emotional Connection	Realize how various aspects of interpersonal interactions between teachers and students affect pedagogical practice.
Implicit Bias in the Classroom	Analyze how educators’ perspectives on racial implicit bias impact classrooms and schools. Learn how blind spots can often limit equity in classrooms and unwittingly stifle achievement.

Contact us at EducatorDevelopment@cognia.org for more information on options to purchase SEL and other content libraries