

# Social and emotional learning

## Other resources

The following resources have been compiled for parents, carers and school staff who may be seeking further information about social and emotional learning. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

<p><b>General information</b></p>	<p><b>The Collaborative for Academic, Social and Emotional Learning (CASEL)</b> aims to promote co-ordinated, systematic, social and emotional learning in educational settings. A wide range of useful information, articles and resources is available from: <a href="http://www.casel.org">www.casel.org</a></p> <p><b>The Connection Between Academic and Social-Emotional Learning.</b> This book chapter provides useful information on why social and emotional learning is important in educational settings. By M. J. Elias (2006). Available from: <a href="http://www.casel.org/downloads/Elias2006BookCh1.pdf">www.casel.org/downloads/Elias2006BookCh1.pdf</a></p>
<p><b>Information for parents and Carers</b></p>	<p><b>Talaris Research Institute</b> provides a useful step-by-step process that parents and carers can use to help children deal with emotions. Available from: <a href="http://www.talaris.org/spotlight_emocoaching_steps.htm">www.talaris.org/spotlight_emocoaching_steps.htm</a></p>
<p><b>Books for parents and Carers</b></p>	<p><b>Your child's emotional needs.</b> This book discusses the emotional needs of children at various developmental stages from birth to age 12. By V. Flory (2005). Sydney, NSW: Finch Publishing.</p> <p><b>A parent's treasure chest: Exploring the path to resilience.</b> This user-friendly book provides information on emotional intelligence, problem solving and optimism for parents and carers. By C. Jenkin, &amp; A. McGenniss (2000). Canberra, ACT: Commonwealth Department of Health and Aged Care.</p> <p><b>Mind your mind: How to master your thoughts and feelings.</b> This book provides clear information for parents, carers and children on the link between thoughts, feelings and behaviour. By J. Johnsen, &amp; L. Hay (1996). Oakleigh, VIC: The Australian Scholarship Group.</p> <p><b>The optimistic child.</b> This book provides exercises and strategies that can be used to teach children optimistic thinking patterns. By M. E. Seligman (1995). New York: HarperCollins.</p>
<p><b>Resources for use with Children</b></p>	<p><b>Arthur</b> is a PBS kid's series that has a large range of activities that parents, carers and teachers can use with children to help them develop important skills. Games, activities and suggestions for teaching children social and emotional skills are available from: <a href="http://pbskids.org/arthur/parentsteachers/activities/development.html?cat=development">pbskids.org/arthur/parentsteachers/activities/development.html?cat=development</a></p> <p><b>The socially speaking game.</b> This game is ideal for children aged 7+ and covers topics such as greeting, taking turns, eye contact and listening. By A. Schroeder (2003). Grand Rapids, MI: School Specialty Publishing.</p>

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<h2>Resources for school staff</h2>	<p><b>The KidsMatter Programs Guide</b> provides information on school based social and emotional learning programs. Each program provides detailed teacher resources for use in the classroom. Many programs provide information for parents and carers as well.</p> <p><b>Academic and social-emotional learning. Educational Practices Series 11.</b> This booklet provides a succinct introduction to social and emotional learning in classroom settings and includes practical strategies for teachers. By M. J. Elias (2003). Brussels, Belgium: International Academy of Education. Available from: <a href="http://www.ibe.unesco.org/publications/EducationalPracticesSeriesPdf/prac11e.pdf">www.ibe.unesco.org/publications/EducationalPracticesSeriesPdf/prac11e.pdf</a></p> <p><b>The educator's guide to emotional intelligence and academic achievement: Social-emotional learning in the classroom.</b> This book provides a valuable overview of social and emotional learning and specific ideas and strategies that can be used in classrooms. By M. J. Elias, &amp; H. Arnold (2007). Thousand Oaks, CA: Corwin Press.</p> <p><b>Guiding children's social development: Theory to practice (5th ed.).</b> This book is a comprehensive and useful guide to children's social and emotional development. By M. J. Kostelnik, A. Phipps Whiren, A. K. Soderman, &amp; K. Gregory (2006). New York: Thomson Delmar Learning.</p> <p><b>How to talk so kids can learn: At home and at school.</b> This book provides great ideas on how to communicate with children in ways that builds children's confidence and life skills. By A. Faber &amp; E. Mazlish (1996). New York: Scriber.</p> <p><b>The Committee for Children</b> provides some useful whole-school and classroom activities that can be used to create a positive school environment and promote effective social and emotional learning. Available from: <a href="http://www.cfchildren.org/support/teacherstips/">www.cfchildren.org/support/teacherstips/</a></p>
<h2>Research articles</h2>	<p><b>Fuller, A.</b> (2001). A blueprint for building social competencies in children and adolescents. <i>Australian Journal of Middle Schooling</i>, 1, (1), 40-48. This article provides useful information on the importance of developing social competencies, emotional intelligence and resilience in school children.</p> <p><b>Pajares, F.</b> (2006). Self-efficacy during childhood and adolescence: Implications for parents and teachers. In F. Pajares &amp; T. Urdon (Eds.), <i>Self-efficacy beliefs of adolescents</i> (pp. 336-367). Information Age Publishing. Available from: <a href="http://www.des.emory.edu/mfp/PajaresAdoed2006.pdf">www.des.emory.edu/mfp/PajaresAdoed2006.pdf</a> This article provides useful information on self-efficacy specifically as well as more general information on social and emotional learning. It is primarily aimed at teachers but may also be valuable for parents and carers.</p> <p><b>Zins, J. E, Bloodworth, M. R., Weissberg, R. P., &amp; Walberg, H. J.</b> (2004). The Scientific Base Linking Social and Emotional Learning to School Success Chapter 1. <i>In Building Academic Success on Social and Emotional Learning: What Does the Research Say?</i> Teachers College, Columbia University. Available from: <a href="http://www.casel.org/downloads/T3053c01.pdf">www.casel.org/downloads/T3053c01.pdf</a> This article summarises research findings that link school success to social and emotional learning and provides a succinct overview of the kinds of practices that are most effective for supporting children's social and emotional learning at school.</p>

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