

SOCIAL EMOTIONAL LEARNING NEWSLETTER

Practical Supports for the Discerning Educator

NOVEMBER 2026

Adult SEL and Wellness

With so many great educator podcasts out there, we wanted to share a couple favorites. The Resilient Teacher podcast offers bite-sized episodes centered on relevant topics related to teacher burnout, with concrete strategies and stories that we can all relate to. The Leading Equity podcast has rich conversation and research-backed practices for educators, with a strong focus on how to bring student voice into your classroom.

SEL as a Lever for Equity

Transformative SEL is the way for us to strengthen SEL as we strive to create engaged, aware, and civic-minded individuals in our schools and communities. Please read "You can't have civic engagement without social and emotional skills" to hear a powerful perspective on leveraging social and emotional learning alongside civics education in order to inspire our young people and adults to become active members in their communities and strive towards equity and inclusivity for all.

STUDENT FOCUSED SEL

Early Learning SEL

Sesame Workshop has a whole collection of Social and Emotional Learning lessons for our Early Learners! With videos and simple strategies, you can find something to use every day to support SEL in your classroom or to share with parents!

SEL and Academic Integration



Have you tried using Thinking Routines to weave real-life SEL skills into your lessons? Thinking Routines come from Project Zero out of Harvard, and can work for any grade level or subject area! Check out the helpful Project Zero website, where you can search for Thinking Routines by subject area! And here is a turnkey slide deck for one of our favorite Thinking Routines- See, Think, Wonder!

NOVEMBER

Elementry Lesson of the Month:

The education team at PBS has put together a series of lessons for K-5 students called "Civics for Kids: Building Tomorrow Together." This 10-lesson collection can be taught individually or in a series, and can help our young people understand various aspects of civic engagement and being a member of a community.



Secondary Lesson of the Month:

November is election month, and it is so important to teach our young people about how our democracy works. PBS has a great 3-day lesson plan (which could be stretched longer, or abbreviated as needed), "Civic engagement and how students can get involved." The lesson teaches about the 3 branches of government and how to find out information about local and state issues and get involved. It is a non-partisan lesson that is great for the secondary level.



Leadership for SEL

It is so important for school leaders to stay current on the research around the impact of SEL programs on student outcomes. New research out of USC shows the positive impact that school-wide SEL has on academic outcomes. As a school leader, you could pair this research with this Circle Discussion Protocol to engage your staff in important conversations.



SEL for Families and Caregivers

KIDS THAT DO GOOD

With November being election month, it is a great time to engage our young people in projects that uplift and strengthen their communities. Kids That Do Good is a wonderful starting place- this is a youth-led organization that helps you find ways to get involved and give back in your area. Also, there are a wide variety of projects to try at "Doing Good Together," including a newsletter, games, and plenty of local volunteer opportunities. Community care is so essential for us all.

DOING GOOD TOGETHER™

Alignment, Integration, and Braiding SEL to Promote Systemic Coherence

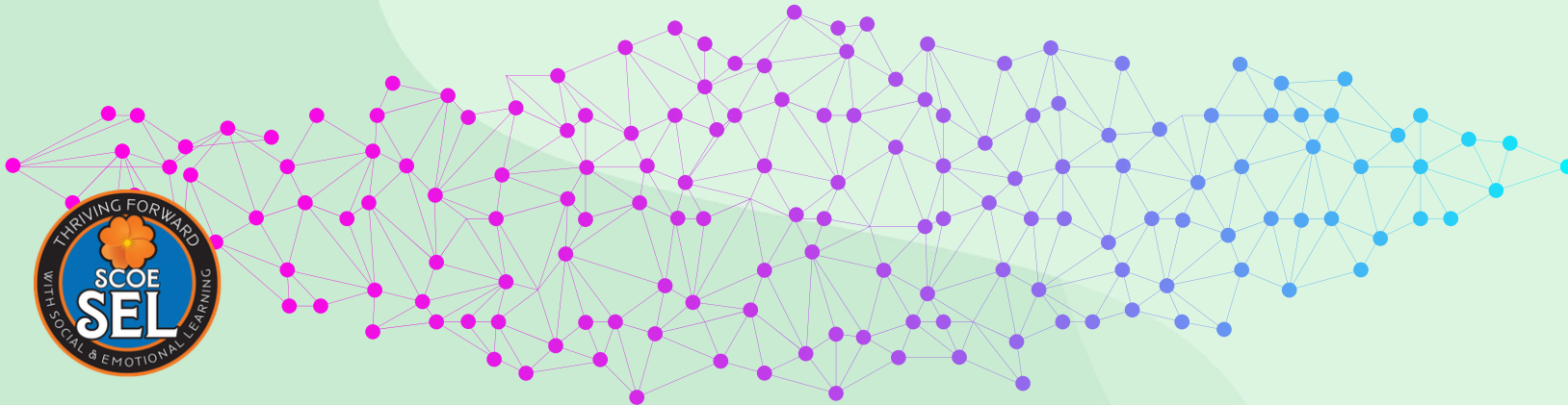
AI, SEL, and the Opportunity to Strengthen Human Connection:

Artificial Intelligence (AI) is rapidly reshaping how young people learn, connect, and seek support. As AI becomes increasingly embedded in students' daily lives, educators and leaders have an important opportunity to strengthen both AI literacy and social-emotional learning (SEL) integration.

A 2026 Common Sense Media report found that nearly 9 in 10 youth ages 9–17 use or interact with AI, with most using it for entertainment and schoolwork. The report also found that young people who experience loneliness or difficulty focusing are more likely to use AI frequently, and some are turning to AI for guidance on their health, future, and feelings.

At the same time, the findings offer an encouraging reminder: most young people still prefer to talk with a trusted adult first about personal concerns. This underscores the critical role schools play in fostering relationships, belonging, and the social emotional skills needed to navigate an increasingly complex digital world.

The Opportunity: Integrating SEL, digital and AI literacy can help students balance technological fluency with well-being, critical thinking, and meaningful human connection.Start HERE to explore lessons designed to support digital well-being and responsible AI engagement.



CA SEL in Action Spotlight:
SEL Integration and Sustainability

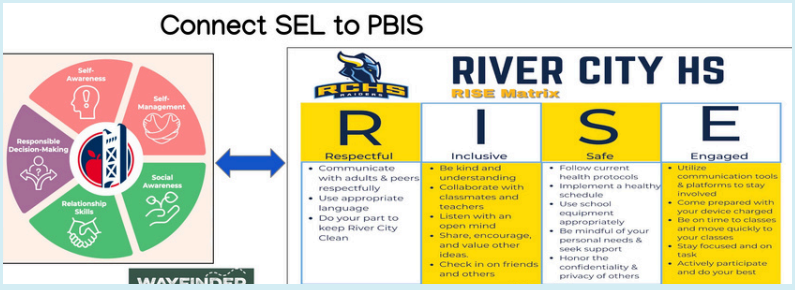
Sustaining SEL requires intentional planning and integration into both existing and emerging initiatives. In this month's SEL in Action spotlight, we revisit our rich archive of speakers from the statewide CalHOPE SEL Community of Practice and hear from a SEL leader who shares why embedding SEL into district priorities is essential for lasting impact and sustainability.

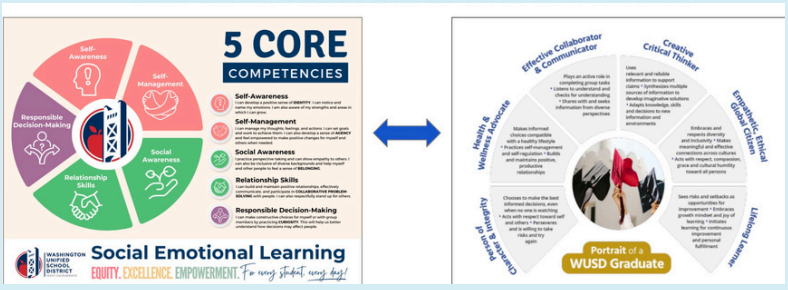
Spotlight: Washington Unified School District
Yolo County Office of Education

According to Rosie Arcona, SEL Coordinator, Washington Unified School District's SEL efforts were initially concentrated on Tier 2 and Tier 3 supports. To create a more proactive and sustainable approach, the district intentionally aligned SEL with existing priorities, including PBIS and the Graduate Profile.

"I started by connecting SEL to the PBIS framework so that we could be more intentional and proactive, and prevent students from needing Tier 2 and Tier 3 supports," Arcona shared. Recognizing that sustainability depends on shared ownership, she also prioritized building the capacity and agency of administrators and teachers by actively seeking their input and partnership throughout implementation.

SEL & PBIS Connection: WUSD views SEL as the foundation that equips students with the skills and mindsets needed to successfully meet schoolwide PBIS expectations. This alignment helps shift the focus from intervention to prevention, creating stronger conditions for student success.





Click the video icon to hear more about WUSD's approach to SEL integration and sustainability

26-27 Social Emotional Learning Professional Development for all CA educators

Fall PDs

Adult SEL 101



- Understand why SEL matters and how educational SEL starts with adults. Explore individual & systems level support

August 26: 10:00am - 11:00am
August 27: 3:00pm - 4:00pm

3 Signature Practices



- Foster belonging and community with consistent routines. Learn to navigate practices daily.

Single Session-
September 21: 3:00pm - 4:00pm

Understanding & Disrupting Bullying



- Highlight SEL constructs that support safe classroom culture. Braiding SEL with bullying prevention

October 13: 10:00am - 11:00am
October 15: 3:00pm - 4:00pm

Transformative SEL



- Explore the 5 core competencies of SEL. Bridge theory & equitable classroom practice.

November 10: 10:00am - 11:00am
November 12: 3:00pm - 4:00pm

Identity and Belonging



- Strengthen understanding of the role identity plays in learning environments and engagement.

December 8: 10:00am - 11:00am
December 10: 3:00pm - 4:00pm

Spring PDs

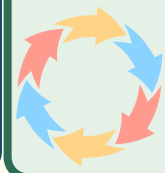
Integrating Restorative Practices & SEL



- Align systemic SEL with restorative mindsets. Build proactive communities.

January 11: 10:00am - 11:00am
January 14: 3:00pm - 4:00pm

Understanding & Supporting Escalated Individuals



- Prevent, support, & repair with students & adults in crisis. Understand neuroscience and the 7-stage crisis cycle.

February 9: 10:00am - 11:00am
February 11: 3:00pm - 4:00pm

Navigating Equity with Adult SEL



- Examine implicit biases & identity. Stengthen emotional intelligence for inclusive school structure.

March 9: 10:00am - 11:00am
March 11: 3:00pm - 4:00pm

Stress and Resilience



- Gain perspective on the brain's reaction to stress. Explore impact on physical & emotional well-being.

April 13: 10:00am - 11:00am
April 14: 3:00pm - 4:00pm

Aligning SEL w/ Other Systems of Support

- Move beyond "initiative fatigue" to a cohesive, relationship-centered school climate.

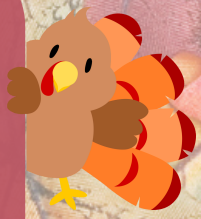
May 25: 10:00am - 11:00am
May 27: 3:00pm - 4:00pm

All sessions held virtually via zoom. For more information on all sessions, click here!

UPCOMING

November

Transformative SEL



Two sessions available:

November 10, 2026

10-11 am PST

&

November 2, 2026

3-4 pm PST



Click HERE to register



Questions?
Email: sel@scoe.net

We want to hear from YOU!

Please take a moment to complete our brief survey about the SEL Newsletter. Your feedback guides our work.

SCOE SEL Community of Practice: Resetting Our Beloved Community Through SEL

Expanding on last year's theme on relationship-centered schools, the 2026 - 2027 SCOE SEL Community of Practice (CoP) will explore opportunities for deepening capacity-building and sustainability for SEL leadership and implementation. We will pull from emergent equity themes to guide our collaboration as we explore what it means to leverage SEL as a reset toward a beloved community. Community partner spotlights will enhance our knowledge-building, connections, and partnership opportunities.

Who should attend:

- District and school leaders
- Teachers
- Support Staff
- Training Specialists/Coaches from school and district sites

An ideal team might include members from SEL, PBIS, MTSS, Expanded Learning, Equity, Curriculum and Instruction, Student Support Services, Community Schools, and School-Based Mental Health

CoP Goals:

- Offering a collaborative space for professional learning around SEL and connected equity efforts.
- Providing ongoing networking and sharing of best practices
- Integrating district/school action planning opportunities
- Showcasing successful SEL efforts from schools, districts, and the community.



Dates

Session 1: September 10, 2026
Session 2: November 12, 2026
Session 3: February 4, 2027
Session 4: April 8, 2027

Location

In-person
10474 Mather Blvd.
Mather, CA 95655

Time

9:00 am - 2:00 pm
Lunch will be provided

SCOE Sacramento County Office of Education — Education Empowers

THRIVING FORWARD WITH SOCIAL & EMOTIONAL LEARNING — SCOE SEL

Register Here ->