

## SEL Lesson Inventory

1. Look at your SEL lessons and curriculum.
2. Review each lesson. Using your current knowledge of families, rate each lesson component on a family inclusion scale of 1-5, where 1 is “Does not at all look, sound and feel like our families” and 5 is “Very much looks, sounds and feels like our families.”
3. For each lesson, rank each of the following components:
  - a. **Family Language and Understanding:** The lesson is reflective of the ways our families understand and talk about SEL concepts. The lesson uses language and words that our families use.
  - b. **Stories and Teaching Practices:** The SEL lesson includes stories, teaching practices, and ways of knowing that are reflective of our families.
  - c. **Family Relevant Materials:** The materials used in the lesson (books, visual aides, worksheets, props, etc.) look, sound and feel like our families
  - d. **Partnerships for Planning and Facilitating:** I partner with families, Elders, and/or the community to plan and co-facilitate the SEL lesson.
4. Scan your results. Which lessons are already close to being family inclusive? Which will need more work?

SEL Lesson	Family Language and Understanding	Stories and Teaching Practices	Family Relevant Materials	Partnerships for Planning and Facilitating

## SEL Home Activities Resource Bank

Families play an integral role in developing SEL skills throughout their child’s life as well as their educational career. The following are examples of roles families can play at home to support their child’s SEL skills:

- Look for examples of values in real life.
- Encourage your child to name their feelings and emotions often.
- Use family conversation starters during dinner.
- Practice emotional regulation activities together (deep breathing, exercise, writing, talking).
- Share family stories with your child.
- Encourage your child to try new activities.
- Celebrate your child’s accomplishments and achievements.