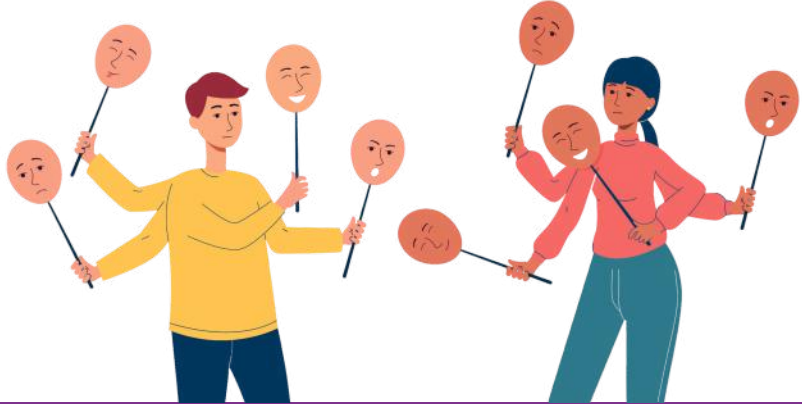


Social Emotional Learning (SEL)



For full descriptions,
please visit our website.



- SEL Workbooks K-12 - 67
- SEL Lightspeed Schoolwide Digital Solution - 68

Level Up Your SEL: A Mid-Term Assessment

A Place to Belong	Integrate with this	Ready	Sometimes	Hardly	Always
I am empathetic towards others and can understand their feelings.					
I can appreciate and respect diverse perspectives and cultures.					
I can resolve conflicts peacefully and constructively.					
I am supportive and respectful to my peers.					

A Healthy Well-Being

Believe in, consider the consequences of, and take responsibility for my actions.

I make ethical and responsible choices.

I can solve problems effectively and take responsibility for my own actions.

What are your current strengths?

Where do you see areas for growth?

SYMPATHY & EMPATHY

If feelings were a video game, empathy would be a level up above sympathy.

Sympathy is feeling sorry for someone, you want them to feel better. Empathy is the act of understanding the feelings, thoughts, and experiences of someone, you want to experience what they are feeling and act on it.

Activity: Divide up into small groups of 4. Read through the four situations below where empathy is needed. Imagine groups discuss how you would feel and how you could show empathy.

Situation: New Student	Situation: Family Loss
A new student joins the class and seems nervous. They seem shy and uncertain about fitting in with their new classmates. How can you engage with the new student and help them feel welcome?	A classmate recently lost a family member. They seem sad and withdrawn. How can you show empathy towards your classmate during this difficult time?
Situation: Public Speaking Fear	Situation: Sports Team
A classmate is nervous about giving a presentation in front of the class. They are easily anxious and worried about making a mistake. How can you show empathy towards your classmate and offer support before their presentation?	A friend tried out for the school basketball team but didn't make the cut. They feel disappointed and discouraged. How can you show empathy towards your friend and help them cope with rejection?

Now, share your ideas with the other groups in your class.

What did you learn about how to show empathy to others?

EXPLORING EMOTIONAL MANAGEMENT

Emotions are not good or bad...they are just feelings. How you feel is okay. You get to feel how you feel. Everyone feels emotions. However, how you respond to a situation and your behavior when feeling emotions can be managed. Managing your emotions doesn't mean hiding them or pretending they don't exist. Instead, it means taking your feelings, feelings more but instead in your body, and making healthy decisions as to how to feel better in those moments.

Activity: There are many ways to calm down, we play BINGO and try new ways to manage your emotions, a diagram, or a Mosaic? Try it!

Listen to your favorite song.	Take a walk in nature.
Call someone you haven't talked to in a long time, like a grandparent or aunt.	Talk to a friend.
Do 5 minutes of meditation.	Journal about how you're feeling.
Take a bubble bath.	Take a yoga class.

What emotional management tool worked best for you?

PEER PRESSURE

Peer pressure is the powerful social influence or urging to do things. Peer pressure can be positive or negative. For example, you have a substitute teacher today and a big test tomorrow. You and all your classmates usually study without goofing off. This is positive peer pressure. If your friend wants to go out to the mall the night before a big test and not study, and you decide to go with them, you may feel peer pressure not to study. This is negative peer pressure.

Sometimes, peer pressure can be unexpected. This means you feel pressured based on another person's actions or facial expressions. It takes courage to stand up for yourself and not be pressured into doing things you don't want to do.

How do you match the types of peer pressure with each situation?

Situation	Type of Peer Pressure
Practice before a game and all attend the game the next day.	• Positive/negative peer pressure
Agreement and "being right".	• Unspoken negative peer pressure
Withstand, and your friend doesn't go with you.	• Positive/negative peer pressure
At the school, and a classmate says, "So..."	• Unspoken positive peer pressure

Peer pressure, what can you do?

A Place to Belong

Listen to: After asking permission, go online to listen to Bob Marley's "One Love" which says, "One love / One heart / Let's get together and feel alright."

How does Marley's song discuss the theme of belonging?

What is your favorite part of this song?

How does this song make you feel?

Taste: People eat different foods all around the world. People usually eat foods that are local to them. Do some research on the types of food a different culture typically eats and then try some new food. Even better, go to a restaurant that serves that culture's food or find a recipe from a cookbook at the library and cook something new with your care. Appreciate a culture that is not yours with the food you choose to eat.

I tried food from _____

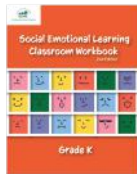
It tasted _____

I would like to try more food from other cultures, including _____

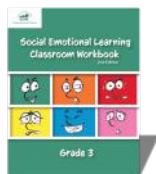


SEL Workbooks

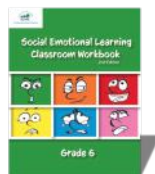
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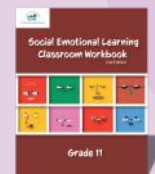
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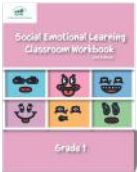
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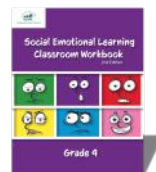
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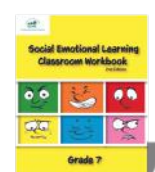
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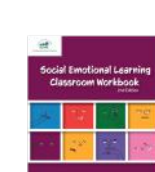
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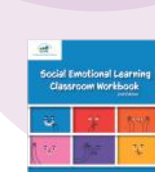
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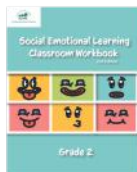
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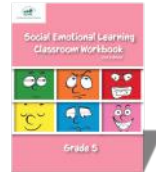
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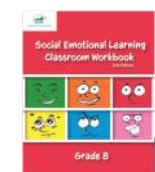
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Check out our SEL
Workbooks page for
more details



Seltrove delivers comprehensive K-12 social-emotional learning (SEL) solutions designed to foster emotional intelligence, resilience, and well-being in students. Their curriculum is aligned with CASEL competencies and provides turnkey resources for schools, ensuring seamless SEL integration without additional teacher prep.

Core Offerings:

- SEL Classroom Workbooks – Print-based, year-long SEL curriculum with structured lessons covering Identity & Mindset, Courage & Kindness, A Place to Belong, and Healthy Wellbeing. Includes built-in agenda sections for self-management.
- SEL Lightspeed – A web-based program featuring interactive lessons that help students navigate academic, social, and emotional challenges, accessible to all school staff via an annual subscription.
- Teacher Support Pack – Professional development tools and instructional guidance for implementing SEL effectively.
- Parent Resources – Home-based SEL activities and guides to reinforce emotional growth outside the classroom.

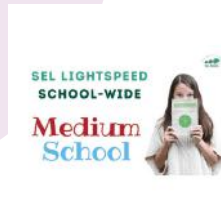


SEL Lightspeed

Schoolwide Digital Solution

Publisher: SELTrove

Check out SEL
Lightspeed page for
more details



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School Size 1 – Year Subscription: Medium School (500–999 Students) \$2,499.00

School Size 1 – Year Subscription: Large School 1000+ Students) \$2,999.00

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**SEL LIGHTSPEED
SCHOOL-WIDE**

**One-Year
Subscription**



Seltrove Lightspeed: A Digital Solution for K–12 Social–Emotional Learning

Seltrove Lightspeed is a web-based SEL program designed to equip K–12 students with essential life skills to navigate academic, social, and emotional challenges. With over 50 interactive lessons per grade, Lightspeed provides an engaging, research-backed curriculum aligned with CASEL competencies.

Key Features:

- **Turnkey & Teacher-Friendly** – No prep required; educators can implement lessons seamlessly.
- **Self-Paced & Interactive** – Students engage with activities, videos, and discussions at their own pace.
- **Full-School Access** – All teachers and staff can integrate SEL into daily routines.
- **Skill-Based Learning** – Focuses on identity, resilience, empathy, relationships, and self-regulation.
- **Flexible & Scalable** – Adaptable for whole-class instruction, small groups, or independent learning.

Seltrove Lightspeed empowers students to develop emotional intelligence, build positive relationships, and succeed in school and beyond. Transform SEL in your school today!

