

# SEL Curriculum Snapshot Guide



**EATON**  
REGIONAL EDUCATION SERVICE AGENCY



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Genesee Intermediate  
School District

**Disclaimer:** The inclusion of curricula in this guide is solely for informational purposes and does not constitute an endorsement of any particular curriculum. Conversely, the omission of a curriculum from this guide should not be interpreted as disapproval or non-endorsement of that curriculum.

If you have any questions or require further information regarding this guide, contact Alyson McClintock at [amcclintock@eatonresa.org](mailto:amcclintock@eatonresa.org).

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# Why this guide?

Social and emotional learning (SEL) is fundamental for PreK-12 students, because it equips them with essential life skills that help students lead healthy lives now and in the future. By focusing on self-awareness, self-management, social awareness, relationship skills, and responsible decision-making, SEL helps students navigate their emotions, build healthy relationships, and make sound choices. These skills contribute to improved academic performance, reduced behavioral issues, and enhanced mental well-being. SEL empowers students for success in both their personal and professional futures.

This guide is designed to be a helpful resource for districts choosing an SEL curriculum. SEL curriculum can be long and cumbersome to review, so this guide provides easy-to-read snapshot summaries of some commonly available options. It does not cover every SEL curriculum, but it highlights several that schools can readily implement. These summaries can help a district decide whether to explore a curriculum further or rule it out during the full review process. Districts may wish to use the [CASEL Program Guide](#) as another useful tool when selecting an SEL curriculum.

Effective systemic SEL implementation relies on a well-informed plan and continuous improvement. The [CASEL's Districtwide SEL Action Planning Workbook](#) can be utilized when adopting an SEL curriculum, offering a roadmap to outline annual benchmarks and details for a phased rollout strategy across the district. Thinking about these steps early will contribute significantly to the successful integration of your chosen SEL curriculum.

There are many resources that can aid districts in selecting SEL curriculum, such as the [Health Education Curriculum Analysis Tool \(HECAT\)](#), a self-assessment tool that can be used in the health education curriculum selection process. The [CASEL Selecting an Evidence-Based Program tool](#) from the [CASEL Guide to Schoolwide SEL](#) can assist districts in determining their SEL Goals and provides a tool for comparing evidence-based programs. If you already are utilizing a SEL curriculum, consider this [priority planning tool](#) to evaluate your current implementation.

Each snapshot includes key details of the curriculum like the intended grade levels, lesson count and duration, and curriculum cost. It also gives a quick overview of the program's structure, highlighting features such as educators' scripts, assessment components, and more.

To evaluate a curriculum's fit and feasibility, consider using the [Hexagon Tool](#). Districts might find it helpful to use a structured process or document to record feedback during SEL curriculum reviews. Here are some examples of curriculum review templates:

- [Sample Curriculum Review Document #1](#)
- [Sample Curriculum Review Document #2](#)

Check out [the Michigan Department of Education Early Childhood to Grade 12 SEL Competencies and Indicators](#) and the [Michigan SEL Indicators at a Glance](#) document to see indicators across grade bands.

# Curriculum by Grade Level

Curriculum	pgs.	Early Childhood	K-5	Middle School 6-8	High School 9-12	Special Education	Tiers Addressed
<u><b>Be Good People</b></u>	5		●	●	●	●	1-2-3
<u><b>Caring School Community</b></u>	6		●	●			1
<u><b>CATCH SEL Journeys</b></u>	7		●	●	●		1
<u><b>Character Strong</b></u>	8	●	●	●	●		1
<u><b>Michigan Model for Health</b></u>	9	●	●	●	●		1
<u><b>Move this World</b></u>	10	●	●	●	●		1-2-3
<u><b>Navigate 360</b></u>	11	●	●	●	●		1-2-3
<u><b>ReThink Ed</b></u>	12	●	●	●	●		1-2-3
<u><b>Second Step</b></u>	13	●	●	●	●		1-2-3
<u><b>TeachTown</b></u>	14					●	1
<u><b>The Zones of Regulation</b></u>	15	●	●	●	●	●	1-2-3
<u><b>Trails</b></u>	16		●	●	●		1-2-3



# Be Good People

15–20 min lessons that are flexible with a core lesson taught once a week and extension activities and community building lessons available every day.

<b>Grade Level</b>	Core Edition and Intervention Edition available for PreK–12th grade with Tier 1, school-wide instruction and Tier 2, 3, or special education.
<b>Copyright Date</b>	Created in 2020 with ongoing updates based on teachers' feedback. It is recommended to subscribe to the <a href="#">mailing list</a> to stay up to date on updated resources. The presentations are deliberately set to be non-copyable. Lesson copies cannot be made and lessons are not printable.
<b>Cost</b>	Free. Access curriculum <a href="#">here</a> .
<b>Digital Option</b>	Yes, printable handouts and homework available.

Lessons cover or include:	YES	NO
Includes script	<input checked="" type="checkbox"/>	
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	
Freestanding or stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based		<input checked="" type="checkbox"/>
Aligned to CASEL SEL competencies	<input checked="" type="checkbox"/>	
Family component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component	<input checked="" type="checkbox"/>	

[Be Good People](#) is a teacher-friendly, comprehensive SEL curriculum developed by Nick van Oss at the [Minnesota School District](#). It is continuously refined and improved through teacher feedback. This free, accessible curriculum is based on the [CASEL framework](#) and utilizes user-friendly platforms like Google Docs, Slides, and embedded videos.

The curriculum includes example schedules for PreK–12th grade and pacing guides, with flexibility to customize lessons and activities to meet the specific needs of teachers, students, and classrooms. Lessons are designed to teach skills step-by-step and apply them to relevant scenarios. Extension activities, such as videos, discussion questions, and worksheets, are also included. Additionally, community-building activities feature “get-to-know-you” questions and simple games. Each grade band includes a teacher training and coaching resource page with handouts, videos, printable posters, or cards when applicable. Clicking on a lesson provides access to a Google Drive folder containing all necessary materials, including a comprehensive lesson plan, homework, parent/guardian school-home notes, worksheets, and posters. An example schedule for all grades links lesson slides, optional extension activities, and community-building exercises, along with printable materials.



# Caring School Community

30 min lessons for 30 weeks for daily lessons and activities.



<b>Grade Level</b>	K-8
<b>Copyright Date</b>	Curriculum was updated in June of 2021. When there are updates, teachers are notified of the updates on the learning portal.
<b>Cost</b>	<a href="#">\$350/teacher package</a> by grade level per teacher with a digital license for seven years. For additional information please contact Jeremy Hyler at <a href="mailto:jhyler@collaborativeclassroom.org">jhyler@collaborativeclassroom.org</a> .
<b>Digital Option</b>	Yes. There is also a principal package that comes with an additional license that can be issued to another staff member, such as a counselor or social worker. Licenses are transferable within the seven years.

Caring School Community (CSC) is an evidence-based, comprehensive social-emotional learning (SEL) curriculum for K-8 students, developed by Collaborative Classroom. It aligns with the CASEL framework and incorporates restorative practices to foster positive relationships and a sense of community within schools. The program is structured for 30 weeks, with 30-minute daily and weekly lessons, and includes various activities such as morning and closing circles, class meetings, and student pairings. Through these practices, CSC aims to help students develop personal core values, prosocial behaviors, social skills, and a strong sense of community, while also equipping teachers with proactive classroom management strategies.

Each grade level receives a teacher package that includes a seven-year digital license and necessary implementation tools. Resources provided may include a Teacher's Manual, Community Chats, books, a Discipline Guide, an Assessment Resource Book, and materials for cross-age buddy activities and subject-area integration. Spanish-language student materials and a digital license to a learning portal are also available.

[Link Scope and Sequence](#)  
[Caring School Community and Restorative Practices](#)

Lessons cover or include:	YES	NO
Includes script	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Freestanding or stand-alone lessons	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Evidence-based	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Aligned to CASEL SEL competencies	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Family component	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Assessment component	<input checked="" type="checkbox"/>	<input type="checkbox"/>

# CATCH, SEL Journeys™

36 lessons that range from 30–45 mins. Check out the unit/lesson breakdown here.



<b>Grade Level</b>	K-12
<b>Copyright Date</b>	2014-2025
<b>Cost</b>	<a href="#">Pricing Guide</a> SEL Journeys™ + Coordination Kit \$899/site/year tax included. Order online or email <a href="mailto:desiree@catch.org">desiree@catch.org</a> for specialized support.
<b>Digital Option</b>	Yes.

The K-12 program integrates movement and cultural learning to teach and reinforce SEL concepts through a digital platform. There are 5 units with lessons that stay the same for each grade. [SEL Journeys](#) provides age-differentiated lessons aligned to the CASEL Framework for Systemic Social and Emotional Learning. SEL Journeys can function independently or complement other CATCH programs, offering a comprehensive approach to support children's physical and mental health. The curriculum is complete with free asynchronous training for educators to ensure staff are prepared for implementation.

The curriculum features teacher guides that include various resources available in PDF and Google formats. The teacher guide offers implementation tips, best practices, and family/community engagement resources.

The SEL Journeys curriculum offers additional SEL Reinforcement activities that can be expanded upon in Physical Education, ELA, Math, and Social Studies.

In addition to the SEL Competencies, the curriculum is aligned to: ELA – CCSS, Social Studies C3 Framework, English Language Development Standards, National Core Arts Anchor Standards, SHAPE America National P.E. Standards, and IB Standards.

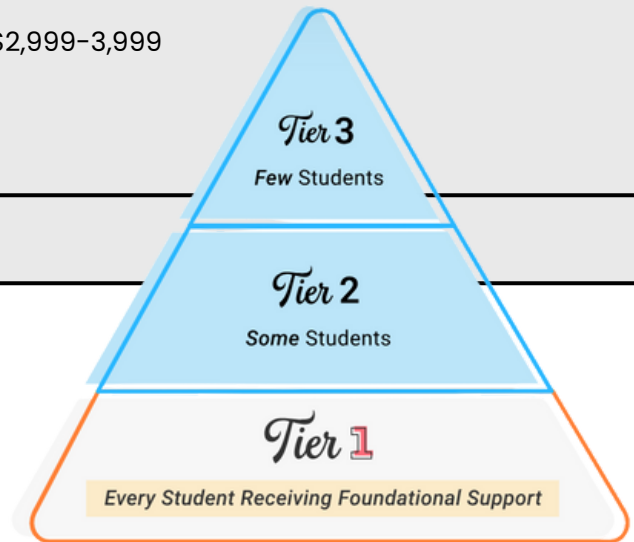
<b>Lessons cover or include:</b>	<b>YES</b>	<b>NO</b>
Includes Script	<input checked="" type="checkbox"/>	
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	
Freestanding or Stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based	Peer reviewed, Evidence-informed/Theory-based <input checked="" type="checkbox"/>	
Aligned to CASEL SEL Competencies	<input checked="" type="checkbox"/>	
Family Component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component	<input checked="" type="checkbox"/>	



# Character Strong

20–30 min lessons with 40 lessons in elementary grades with flexible weekly activities, 35 lessons for middle school grades, and 25 lessons with high school grades. Middle and high school have alternate scope and sequences available if there is limited time for implementation.

<b>Grade Level</b>	PreK–12
<b>Copyright Date</b>	2025, updated quarterly.
<b>Cost</b>	<p>School Level membership, add as many staff as needed. Tier 2&amp;3 are additional subscriptions.</p> <ul style="list-style-type: none"> <li>• Tier 1 Year 1 subscription– approximately \$2,999–3,999</li> <li>• Tier 1 Renewal Subscription– \$1, 999</li> </ul> <p><i>Request a quote or book a call <a href="#">here on the Character Strong website.</a></i></p>
<b>Digital Option</b>	Yes.



Lessons cover or include:	YES	NO
Includes script	<input checked="" type="checkbox"/>	partially scripted
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	
Freestanding or stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based	<input checked="" type="checkbox"/>	
Aligned to CASEL SEL competencies	<input checked="" type="checkbox"/>	
Family component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component	<input checked="" type="checkbox"/>	

The CharacterStrong curriculum provides research-backed PreK–12 programs that equip students with social-emotional skills and character development designed around three outcomes: Belonging, Well-Being, and Engagement. Aligned with MTSS and CASEL SEL competencies, PurposeFull People (PreK–5), explicitly teaches 10 key character traits—such as kindness, responsibility, and perseverance—through engaging, age-appropriate lessons and activities designed for flexible implementation. Middle and high school (6–12) curricula integrate character development, SEL, and leadership through weekly lessons that focus on building connections, real-world applications, and reflection activities. In addition, the Campus Resources section offers school-wide implementation support, extra resources, games, videos, and more. Bullying prevention is woven throughout with two intentional lessons in each grade level and multiple reminders throughout the year. All student and family-facing material is available in Spanish. Character Strong is a CASEL Select designated SEL program. [Read more about the CASEL program designation here.](#)

# Michigan Model for Health™

Lesson lengths range from 15 to 50 minutes, increasing in length with grade level. The number of lessons varies by grade, from 7 to 15, with middle school grades having the most.

<b>Grade Level</b>	PreK-12
<b>Copyright Date</b>	2025, updated quarterly.
<b>Cost</b>	<p>\$149 per grade band level for a two-year digital curriculum license.</p> <ul style="list-style-type: none"> <li>• <u>Michigan:</u> <ul style="list-style-type: none"> <li>◦ Contact your <a href="#">Regional School Health Coordinator</a> for ordering and training support as well as technical assistance. Your Regional School Health Coordinator can provide a free 14-day trial license.</li> </ul> </li> <li>• <u>Outside of Michigan:</u> <ul style="list-style-type: none"> <li>◦ Curriculum and Materials ordering information for The Michigan Model for Health can be <a href="#">viewed here</a>.</li> </ul> </li> </ul>
<b>Digital Option</b>	Yes.

The Michigan Model for Health™ is a comprehensive, sequential PreK-12 grade health education curriculum. This curriculum is aligned to both the Michigan Health Education Standards as well as the National Health Education Standards and teaches the CASEL SEL competencies through explicit SEL lessons as well as through lessons in additional health topics, including nutrition and physical activity, drug prevention, and safety. [View the K-12 skill competencies map here](#). The Michigan Model for Health™ program is a certified CASEL evidence-based curriculum. The Elementary Michigan Model for Health™ curriculum is a CASEL Select designated SEL program, and the Middle School Michigan Model for Health™ curriculum is a CASEL Promising designated SEL program. [Read more about the CASEL program designation here](#). Additional curriculum crosswalks are available for [The Michigan Model for Health™ and Second Step](#) and [The Michigan Model for Health™ and Trails](#).



<b>Lessons cover or include:</b>	<b>YES</b>	<b>NO</b>
Includes script	<input checked="" type="checkbox"/>	
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	
Freestanding or stand-alone lessons		<input checked="" type="checkbox"/>
Evidence-based	<input checked="" type="checkbox"/>	
Aligned to CASEL SEL competencies	<input checked="" type="checkbox"/>	
Family component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component	<input checked="" type="checkbox"/>	

# Move This World

Tier 1: includes 36 grade specific units with 2-3 video lessons per unit, ranging from 5-15 mins with follow-up activities. Tier 2: includes 10-11 grade banded specific social emotional skills designed to be implemented in 45-60 min small group sessions.



<b>Grade Level</b>	PreK-12
<b>Copyright Date</b>	2025. The Tier 1 scope and sequence is established at the beginning of the fiscal year and updated annually prior to the start of each new fiscal year. Updates for support materials, such as Spanish language materials or parent resources, etc. are ongoing.
<b>Cost</b>	\$5400-\$9900* Cost is based on the size of the school building. Get a custom quote <a href="#">here</a> .
<b>Digital Option</b>	Yes.

Lessons cover or include:	YES	NO
Includes Script	<input checked="" type="checkbox"/>	
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	
Freestanding or Stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based	<input checked="" type="checkbox"/>	
Aligned to CASEL SEL Competencies	<input checked="" type="checkbox"/>	
Family Component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component		<input checked="" type="checkbox"/>

[Move This World \(MTW\)](#) is a comprehensive [CASEL Promising](#) Social Emotional Learning (SEL) curriculum. MTW provides differentiated interventions for Tier 1 and Tier 2. The Tier 1 curriculum includes grade specific video and movement based lessons with scripted discussions. Tier 2 is a grade band intervention (early elem., late elem., middle school, high school) designed for small groups of students with scaffolding from the Tier 1 curriculum. To further support students, MTW partners with Presence Education to provide individual (Tier 3) support through teletherapy. In addition, MTW also offers adult and educator wellness tools, and SEL resources for your community, which are available with or without a student package.

Additional Resources:

[Additional Information from Move This World](#)  
[MTSS and Move This World Integration Guide](#)  
[PBIS and Move This World Integration Guide](#)

# Navigate 360: Compass

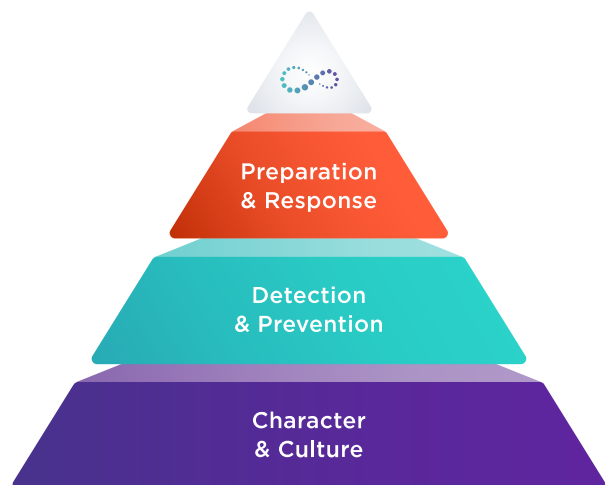
40 lessons organized into 40 thematic weeks designed to be implemented as one lesson per week with lessons length between 25-30 mins.

<b>Grade Level</b>	PreK-12, grade level specific lessons at each grade.
<b>Copyright Date</b>	2025. Curriculum is reviewed annually for updates.
<b>Cost</b>	\$2.75 per student per year plus \$500 per year building support fee Connect with Navigate 360 to learn more, get a demo, and receive pricing quotes <a href="#">here at their Contact Us page.</a>
<b>Digital Option</b>	Yes.

The [Navigate 360: Compass curriculum](#) offers a blended learning experience with scaffolded lessons designed for grades K-12. It features engaging videos and gamification features to keep students interested. Pre and post-tests for each lesson are provided for formative assessment. Additionally, a free SEL assessment, intended to be administered three times per year, is available with the program. The program

also supports diverse learners with family resources available in multiple languages, including English, Spanish, Chinese, Korean, Vietnamese, and Arabic. All lessons can be completed independently online, in small groups, or as whole-class instruction. Teacher Companion Guides provide support for educators to reinforce the lesson in follow-up activities such as classroom discussions and activity suggestions to enhance the learning process.

Lessons cover or include:	YES	NO
Includes Script	<input checked="" type="checkbox"/>	partially scripted
Includes classroom materials/manipulatives	preK&K has optional kits	<input checked="" type="checkbox"/>
Freestanding or Stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based	<input checked="" type="checkbox"/>	
Aligned to CASEL SEL Competencies	<input checked="" type="checkbox"/>	
Family Component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component	<input checked="" type="checkbox"/>	



# ReThink Ed Wellness Skills

40 lessons organized into 40 thematic weeks designed to be implemented as one lesson per week with lessons length between 25–30 mins.

<b>Grade Level</b>	PreK–12, each lesson has 3 Tiers to align with MTSS and is available in English and Spanish.
<b>Copyright Date</b>	2018 with continuous updated.
<b>Cost</b>	\$7.50/ per student for the RethinkEd Wellness bundle. For customizable pricing and specific features reach out to <a href="mailto:Jack.ineson@rethinkEd.com">Jack.ineson@rethinkEd.com</a> / <a href="mailto:info@rethinkEd.com">info@rethinkEd.com</a> . Live Chat: <a href="#">Get in Touch - RethinkEd</a> .
<b>Digital Option</b>	Yes.

[RethinkEd's Wellness Skills](#) takes a comprehensive, whole-child approach aligned with CASEL's Social-Emotional Learning (SEL) framework. The program promotes essential skills such as stress management and resilience and is designed for Tier 1, Tier 2, and Tier 3 interventions. RethinkEd offers multiple products. SEL and mental health lessons can be bundled into a Wellness Package.

The curriculum is fully online and interactive, featuring a student-facing component. Teachers can assign homework, videos, quizzes, and interactive worksheets that students can complete within the platform, including at home with family support.

The curriculum follows a structured approach: Learn, Practice, and Dive Deeper. Each lesson includes step-by-step instructions, scripted guidance, time indicators, embedded videos, discussion questions, and quizzes. Lessons and activities can be filtered by content, grade level, duration, and activity type to meet specific teaching and learning needs. The entire platform is available in Spanish.

A teacher training component is included, covering topics such as SEL and mental health skills, and this training can also be extended to families. Additional features include a climate survey that districts can launch to assess school-wide SEL effectiveness, with data analysis provided by RethinkEd. The program also includes an incident referral tracking system to measure SEL impact.

Lessons cover or include:	YES	NO
Includes Script	<input checked="" type="checkbox"/>	
Includes classroom materials/manipulatives		<input checked="" type="checkbox"/>
Freestanding or Stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based	<input checked="" type="checkbox"/>	
Aligned to CASEL SEL Competencies	<input checked="" type="checkbox"/>	
Family Component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component	<input checked="" type="checkbox"/>	

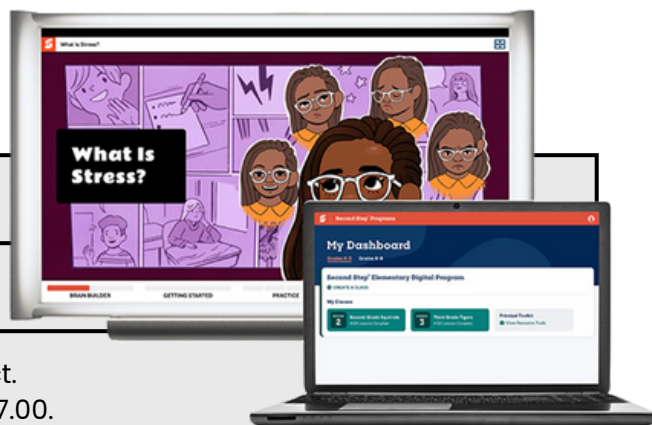




# Second Step®

Length of lessons range from 15–20 minutes. Print version of curriculum for elementary includes 3–5 units of 22–28 lessons. Digital curriculum includes 20–26 lessons per grade.

<b>Grade Level</b>	PreK–12
<b>Copyright Date</b>	2012–2024
<b>Cost</b>	Digital cost range from \$2,778–\$16,449 per district. Pre–K– 5 grade Classroom kits \$4,049.00 – \$5,367.00. Find more information on cost <a href="#">here</a> .
<b>Digital Option</b>	Yes. Digital programs for K–8 or 9–12. Pre–K is exclusively a physical classroom kit. For elementary, both physical and digital curricula are available, but their lessons differ.



The [Second Step®](#) curriculum is an evidence-based social-emotional learning (SEL) program designed to help students develop essential skills such as empathy, problem-solving, and goal-setting. The curriculum emphasizes creating a positive, inclusive culture by teaching competencies like perspective-taking, emotional processing, conflict resolution, and relationship building. There are lessons available on both physical and digital platforms for the elementary level. At the secondary level, there are built in options to help meet different schedule and implementation needs, such as advisory/homeroom lessons. Second Step also has add on units available for teaching bullying prevention and child sexual abuse prevention. In an independent study of over 25,000 students, Second Step K–8 digital programs showed improvements in students’ behavior, skills for learning, and school climate. With newly added K–8 Tiered Interventions, these proven programs will come with the critical supports districts need to positively impact all students. The Early Child Second Step® curriculum is a CASEL Promising designated SEL program. Both the Elementary and Middle School Second Step® curricula are CASEL Select designated SEL programs. [Read more about the CASEL program designation here.](#)

Additional Information:

[Pre-K Scope & Sequence](#)

[Scope & Sequence](#)

[Michigan Alignment and MMH and Second Step Cross-Walk Research](#)

<b>Lessons cover or include:</b>	<b>YES</b>	<b>NO</b>
Includes Script	<input checked="" type="checkbox"/>	
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	
Freestanding or Stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based	<input checked="" type="checkbox"/>	
Aligned to CASEL SEL Competencies	<input checked="" type="checkbox"/>	
Family Component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
<a href="#">Assessment component</a>	<input checked="" type="checkbox"/>	



# TeachTown



The TeachTown "Social Skills" program offers multiple lessons across 11 behavioral domains, targeting 85 specific behaviors with animated videos and supporting resources. Their "Basics" program provides numerous lessons and activities for 20 targeted behaviors within seven behavioral domains ranging from 2-45 mins in lessons and activities.

<b>Grade Level</b>	Primary and Secondary Special Education: autism, MOCI/MICI, cross-cat, inclusion, resource, and center-based classrooms. <ul style="list-style-type: none"> <li>TeachTown "Social Skills": 4-15 years old</li> <li>TeachTown "Basics": 2-22 years old</li> </ul>
<b>Copyright Date</b>	2025
<b>Cost</b>	Pricing varies as the SEL component is one piece of TeachTown's comprehensive curriculum. The cost depends on the student subscriptions the district selects, the physical resource packages needed, and the scale and length of professional development. Contact Scott Wyzgoski to get the best pricing estimate based on your district's specific needs. <a href="mailto:swyzgoski@teachtown.com">swyzgoski@teachtown.com</a> (269) 271-1555.
<b>Digital Option</b>	Yes.

TeachTown designed curriculum and intervention solutions to support the academic, behavioral, and adaptive development of students with disabilities. The educational tools aim to assist teachers, parents, and clinicians in achieving students' learning goals by providing structured, research-based strategies. The special education curriculum software offers students with moderate to severe disabilities access to the general education curriculum, along with individualized interventions that support their progress.

TeachTown's adapted core curriculum and interventions take a whole-child approach, addressing academic, behavioral, and adaptive skills from Pre-K through the transition years. The "Social Skills" curriculum, designed for students aged 4-15 with moderate to severe disabilities, teaches social skills through animated video-modeling episodes, teacher-led lesson plans, and student activities. The "Basics" curriculum is an ABA-based intervention designed for developmental ages 2-10 and chronological ages 2-22. Grounded in the principles of Applied Behavior Analysis, it provides structured, evidence-based learning opportunities. Lessons can be taught in-person, hybrid, and remote settings.

<b>Lessons cover or include:</b>	<b>YES</b>	<b>NO</b>
Includes Script	<input checked="" type="checkbox"/>	
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	
Freestanding or Stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based	<input checked="" type="checkbox"/>	
Aligned to CASEL SEL Competencies	<input checked="" type="checkbox"/>	
Family Component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component	<input checked="" type="checkbox"/>	

# The Zones of Regulation

Lessons are 10–15 mins with a focus on the 10 concepts with multiple lessons per concept.



<b>Grade Level</b>	PreK–12, with concentration on PreK–5.
<b>Copyright Date</b>	2010–2025. Curriculum is updated on a continuous basis and implementers have instant access to those updates.
<b>Cost</b>	Email us at <a href="mailto:sales@zonesofregulation.com">sales@zonesofregulation.com</a> regarding pricing. <ul style="list-style-type: none"> <li>• 1–9 Subscriptions: \$120.00/per user/year</li> <li>• 10–29 Subscriptions: \$108/per user/year</li> <li>• 30+ Subscriptions: \$96/per user/year</li> </ul>
<b>Digital Option</b>	Yes.

<b>Lessons cover or include:</b>	<b>YES</b>	<b>NO</b>
Includes Script	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Includes classroom materials/manipulatives	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Freestanding or Stand-alone lessons	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Evidence-based	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Aligned to CASEL SEL Competencies	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Family Component	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Assessment component	<input checked="" type="checkbox"/>	<input type="checkbox"/>

[The Zones of Regulation](#) is available as a digital platform offering a multi-year curriculum, teacher training, and supplementary resources. The curriculum spans Pre-K through 12th grade, with a particular emphasis on supporting students in Pre-K through 5th grade. It is structured around 10 "concepts" that guide students through understanding and applying self-regulation strategies. Concepts 1–6 focus on developing self, social, and situational awareness, while Concepts 7–10 delve into exploring and applying regulation and decision-making strategies. These concepts are designed for flexible implementation in 10–15 minute sessions across various settings, including classrooms, one-on-one sessions, small groups, and at home. The digital format of The Zones of Regulation curriculum supports its versatile application across Tier 1, 2, and 3 interventions, integrating Universal Design for Learning (UDL) principles. This design allows for continuity of learning from classroom instruction to more individualized or small group support, aiming to accommodate diverse learners through extension activities at each intervention level.

# TRAILS

25 lessons (5 units) per grade band with 30 minute lessons with built in adaptations for 2-15 minute lessons that can be paced out over the course of a school week.



Grade Level	Grade bands: K-2, 3-5, 6-8, 9-12
Copyright Date	2025, with last curriculum update in 2024.
Cost	Free to schools in Michigan.
Digital Option	Yes.

[TRAILS](#) SEL is a Tier 1 program that helps students learn to manage their emotions, make responsible decisions, and build healthy relationships. The curriculum is divided into five units that align with the five SEL competencies identified by the Collaborative for Academic, Social, and Emotional Learning (CASEL). TRAILS SEL is designed to be flexible and easy to deliver, and it can be used in schools of all types. The curriculum and training are available to Michigan Schools at no cost. Check out the [Michigan Model for Health and Trails Alignment here](#).

Learn more about becoming a school partner [at this website](#).



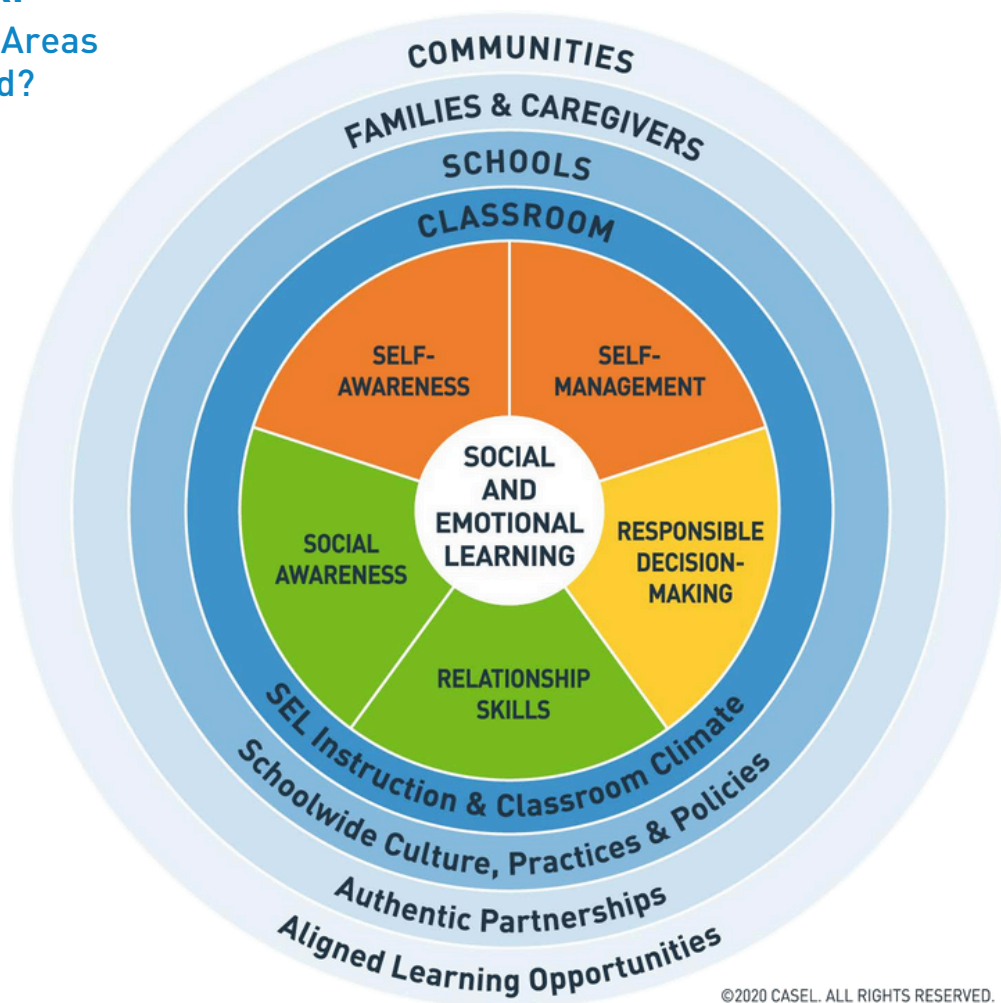
Lessons cover or include:	YES	NO
Includes Script	<input checked="" type="checkbox"/>	
Includes classroom materials/manipulatives		<input checked="" type="checkbox"/>
Freestanding or Stand-alone lessons	<input checked="" type="checkbox"/>	
Evidence-based	<input checked="" type="checkbox"/>	
Aligned to CASEL SEL Competencies	<input checked="" type="checkbox"/>	
Family Component	<input checked="" type="checkbox"/>	
Videos, mini lessons, supplemental/extension activities included	<input checked="" type="checkbox"/>	
Assessment component		<input checked="" type="checkbox"/>

## CASEL'S SEL FRAMEWORK:

### What Are the Core Competence Areas and Where Are They Promoted?

**Social and emotional learning (SEL) is an integral part of education and human development.** SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.



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## THE CASEL 5:

The CASEL 5 addresses five broad, interrelated areas of competence and examples for each: *self-awareness, self-management, social awareness, relationship skills, and responsible decision-making*. The CASEL 5 can be taught and applied at various developmental stages from childhood to adulthood and across diverse cultural contexts to articulate what students should know and be able to do for academic success, school and civic engagement, health and wellness, and fulfilling careers.

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**SELF-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose. Such as:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports. Such as:

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations/systems on behavior

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being. Such as:

- Demonstrating curiosity and open-mindedness
- Identifying solutions for personal and social problems
- Learning to make a reasoned judgment after analyzing information, data, facts
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are useful both inside & outside of school
- Reflecting on one's role to promote personal, family, and community well-being
- Evaluating personal, interpersonal, community, and institutional impacts

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals. Such as:

- Managing one's emotions
- Identifying and using stress-management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed. Such as:

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others



## THE KEY SETTINGS:

Our framework takes a systemic approach that emphasizes the importance of establishing equitable learning environments and coordinating practices across key settings to enhance all students' social, emotional, and academic learning. We believe it is most beneficial to integrate SEL throughout the school's academic curricula and culture, across the broader contexts of schoolwide practices and policies, and through ongoing collaboration with families and community organizations. These coordinated efforts should foster youth voice, agency, and engagement; establish supportive classroom and school climates and approaches to discipline; enhance adult SEL competence; and establish authentic family and community partnerships.

**CLASSROOMS.** Research has shown that social and emotional competence can be enhanced using a variety of classroom-based approaches such as: (a) explicit instruction through which social and emotional skills and attitudes are taught and practiced in developmentally, contextually, and culturally responsive ways; (b) teaching practices such as cooperative learning and project-based learning; and (c) integration of SEL and academic curriculum such as language arts, math, science, social studies, health, and performing arts. High-quality SEL instruction has four elements represented by the acronym SAFE: Sequenced - following a coordinated set of training approaches to foster the development of competencies; Active - emphasizing active forms of learning to help students practice and master new skills; Focused - implementing curriculum that intentionally emphasizes the development of SEL competencies; and Explicit - defining and targeting specific skills, attitudes, and knowledge.

SEL instruction is carried out most effectively in nurturing, safe environments characterized by positive, caring relationships among students and teachers. To facilitate age-appropriate and culturally responsive instruction, adults must understand and appreciate the unique strengths and needs of each student and support students' identities. When adults incorporate students' personal experiences and cultural backgrounds and seek their input, they create an inclusive classroom environment where students are partners in the educational process, elevating their own agency. Strong relationships between adults and students can facilitate co-learning, foster student and adult growth, and generate collaborative solutions to shared concerns.

**SCHOOLS.** Effectively integrating SEL schoolwide involves ongoing planning, implementation, evaluation, and continuous improvement by all members of the school community. SEL efforts both contribute to and depend upon a school climate where all students and adults feel respected, supported, and engaged.

Because the school setting includes many contexts—classrooms, hallways, cafeteria, playground, bus—fostering a healthy school climate and culture requires active engagement from all adults and students. A strong school culture is rooted in students' sense of belonging, with evidence that suggests that it plays a crucial role in students' engagement. SEL also offers an opportunity to enhance existing systems of student support by integrating SEL goals and practices with universal, targeted, and intensive academic and behavioral supports. By coordinating and building upon SEL practices and programs, schools can create an environment that infuses SEL into every part of students' educational experience and promotes positive social, emotional, and academic outcomes for all students.

*Continue to families/caregivers and communities...*

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## THE KEY SETTINGS (CONT.)

**FAMILIES/CAREGIVERS.** When schools and families form authentic partnerships, they can build strong connections that reinforce students' social and emotional development. Families and caregivers are children's first teachers, and bring deep expertise about their development, experiences, culture, and learning needs. These insights and perspectives are critical to informing, supporting, and sustaining SEL efforts. Research suggests that evidence-based SEL programs are more effective when they extend into the home, and families are far more likely to form partnerships with schools when their schools' norms, values, and cultural representations reflect their own experiences. Schools need inclusive decision-making processes that ensure that families—particularly those from historically marginalized groups—are part of planning, implementing, and continuously improving SEL.

Schools can also create other avenues for family partnership that may include creating ongoing two-way communication with families, helping caregivers understand child development, helping teachers understand family backgrounds and cultures, providing opportunities for families to volunteer in schools, extending learning activities and discussions into homes, and coordinating family services with community partners. These efforts should engage families in understanding, experiencing, informing, and supporting the social and emotional development of their students.

**COMMUNITIES.** Community partners often provide safe and developmentally rich settings for learning and development, have a deep understanding of community needs and assets, are seen as trusted partners by families and students, and have connections to additional supports and services that school and families need. Community programs also offer opportunities for young people to practice their social and emotional skills in settings that are both personally relevant and can open opportunities for their future. To integrate SEL efforts across the school day and out-of-school time, school staff and community partners should align on common language and coordinate strategies and communication around SEL-related efforts and initiatives.

Students, families, schools, and communities are all part of broader systems that shape learning, development, and experiences. Inequities based on race, ethnicity, class, language, gender identity, sexual orientation, and other factors are deeply ingrained in the vast majority of these systems and impact young people and adult social, emotional, and academic learning. While SEL alone will not solve longstanding and deep-seated inequities in the education system, it can create the conditions needed for individuals and schools to examine and interrupt inequitable policies and practices, create more inclusive learning environments, and reveal and nurture the interests and assets of all individuals.

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Name of Curriculum:				
Reviewer				Date:
	Liked	Did Not Like	Concerns/Red Flag	Questions
Curriculum Lesson				
My Vote:		Yes      No      Unsure		

Curriculum Title		
<u>Intended Audience</u>	<u>Copyright Date</u>	
<u># Lessons</u>	<u>Cost</u>	
<u>Curriculum Content</u>		
Program Approach:	YES	NO
Includes Script		
Includes classroom materials/manipulatives		
Freestanding or Stand-alone lessons		
Evidence-Based		
Aligned to CASEL SEL Competencies		
Family Component		
Videos, mini lessons, supplemental/extension activities included		
Assessment component		
<u>Curriculum Pros</u>	<u>Curriculum Cons</u>	
<u>Questions, comments, and/or concerns</u>		