Tier 1: Universal Education and Awareness

For all students and staff

TRAILS Universal Education and Awareness fosters a positive school climate and builds social, emotional, and behavioral skills for all members of the school community. Through a social and emotional learning (SEL) curriculum for students and self-care workshops for staff, TRAILS helps schools to establish a unified approach to wellness promotion, and more accurately identify and refer students in need of a higher level of care.

Social and Emotional Learning (SEL) Curriculum

The TRAILS SEL curriculum equips classroom teachers to deliver 20 brief lessons designed to help students build healthy identities and relationships, manage strong emotions, and make caring, responsible decisions.

The TRAILS SEL curriculum and materials are developmentally appropriate across four grade bands, allowing educators to provide SEL instruction in tandem with academic learning. View a sample lesson for each: K-2, 3-5, 6-8, 9-12.

TRAILS SEL lessons are:

- Aligned with the 5 SEL competencies identified by the Collaborative for Academic, Social, and Emotional Learning (CASEL)
- Low-prep and flexible
- Developed in collaboration with classroom teachers
- Grounded in cognitive behavioral and mindfulness practices
- Adaptable for virtual delivery

Benefits of SEL

Research shows that implementation of SEL is associated with increases in students’ academic achievement, test scores, self-regulation skills, and overall wellness; and decreases in classroom behavior problems.

SEL fosters an equitable and inclusive learning environment by providing students with the skills and understanding needed to treat everyone with empathy, appreciation, and respect.

Self-Care for Staff

To support all school staff, TRAILS provides training in effective self-care strategies and associated resources to manage stress and prevent burnout. Training topics include:

- Caring for others in times of crisis: collective and vicarious trauma
- Proven self-care strategies grounded in cognitive behavioral and mindfulness practices
- Fostering resilience and gratitude

How can I bring TRAILS programming to my school?

TRAILS currently provides training, resources, and implementation support for Tier 1 programming throughout Michigan, as well as in some regions of Colorado and Massachusetts. As a first step, please tell us about the needs of your school or district by answering a few short questions. We look forward to hearing from you!