

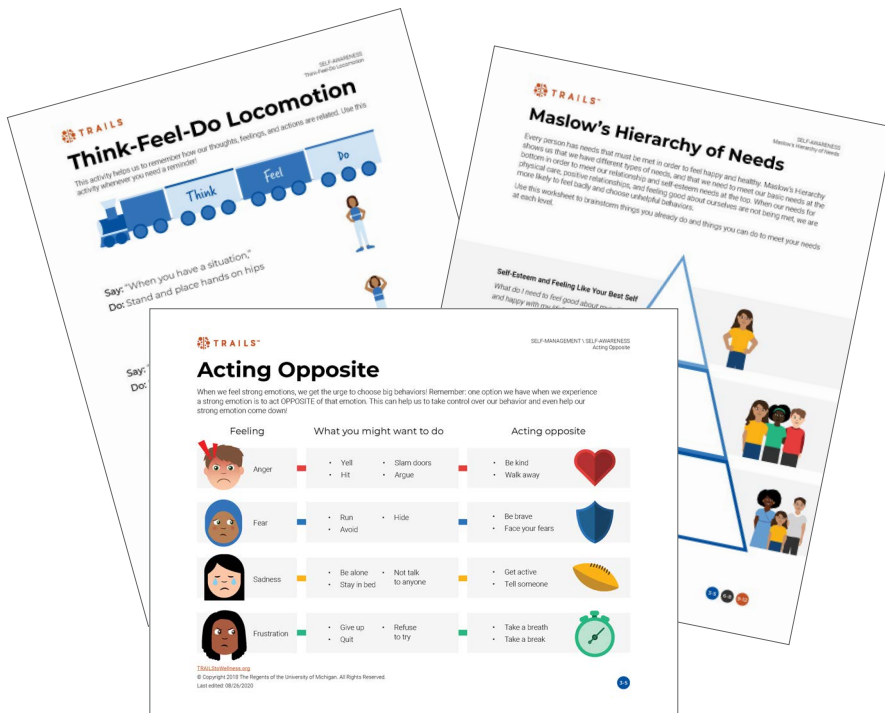


# Social and Emotional Learning

TIER 1

For all students

The TRAILS Social and Emotional Learning (SEL) curriculum helps all young people develop the life skills they need to thrive. Designed to be delivered in the classroom, TRAILS SEL better equips students to engage in academic learning while fostering qualities such as empathy, self-awareness, and respect.



## 25 brief lessons

All lessons are low-prep, flexible, and easy to integrate into the school day.

## 4 developmentally appropriate grade bands

View a sample lesson for each:

[K-2](#), [3-5](#), [6-8](#), [9-12](#).

## 5 core competencies

Identified by the Collaborative for Academic, Social, and Emotional Learning (CASEL). [Learn more.](#)



## How it works

The TRAILS SEL curriculum is grounded in cognitive behavioral and mindfulness practices – two evidence-based approaches to promoting mental health.

- 1 Administrators** develop an implementation plan 1 semester in advance of program launch
- 2 Teachers** attend a 2.5-hour virtual training (live or asynchronous) before delivering the curriculum
- 3 TRAILS** provides ongoing implementation support through workshops, Q&As, newsletters, and more

## Why SEL?

Social and emotional learning has been shown to increase academic engagement, test scores, self-regulation skills, and overall wellness, while decreasing disruptive classroom behaviors.

By implementing the TRAILS SEL curriculum, schools can build a shared language around mental health for the entire learning community, while providing students with tools for success both in and out of the classroom.

Want to learn more about TRAILS? Visit us at [TRAILStoWellness.org](https://TRAILStoWellness.org) or [click here](#) to get in touch.