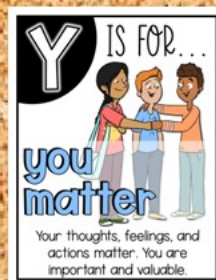
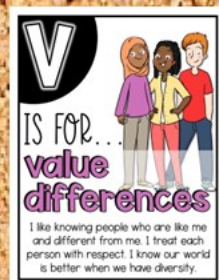
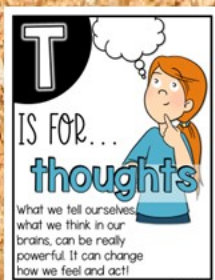
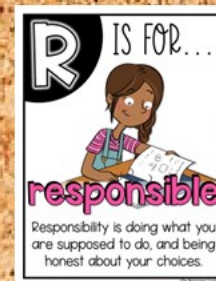
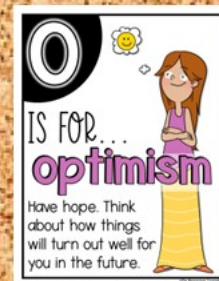
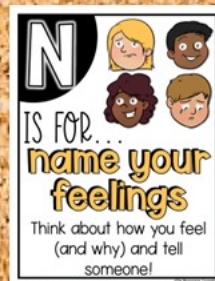
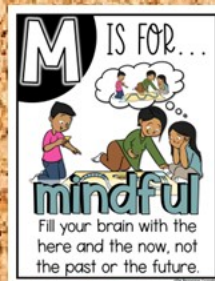
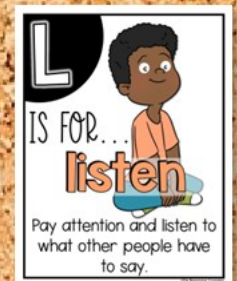
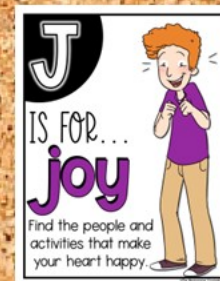
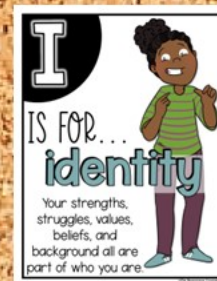
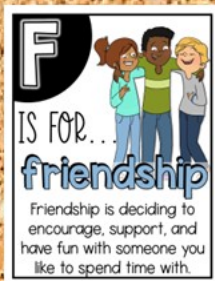
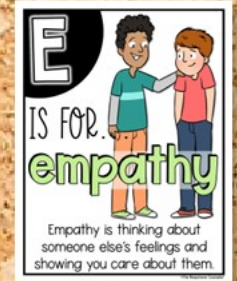
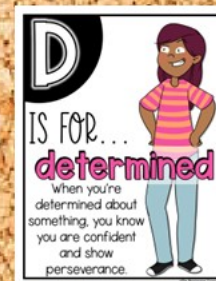
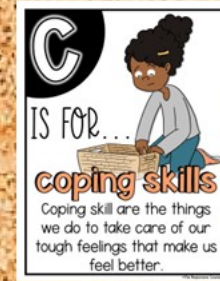
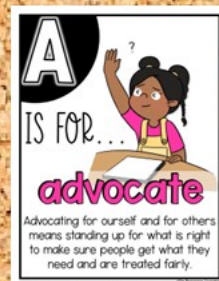


# SEL alphabet board

## THE ABCs OF SEL





D



IS FOR...

**determined**

Who  
determi  
someth  
you an  
an  
pers

E



IS FOR...

**empathy**

Empa  
someo  
owing

F



IS FOR...

**friendship**

Friendship is deciding to encourage, support, and have fun with someone you like to spend time with.

G



IS FOR...

**goal-setting**

What do you want to achieve? What do you want to make happen?

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► Print full page (8.5"x11") or  
two to a page (5"x6.75")

# CASEL-aligned words

- ▶ A - advocate
- ▶ B - breathe
- ▶ C - coping skills
- ▶ D - determined
- ▶ E - empathy
- ▶ F - friendship
- ▶ G - goals setting
- ▶ H - have respect
- ▶ I - identity
- ▶ J - joy
- ▶ K - kindness
- ▶ L - listen
- ▶ M - mindful
- ▶ N - name your feelings
- ▶ O - optimism
- ▶ P - perspective taking
- ▶ Q - question
- ▶ R - responsible
- ▶ S - self control
- ▶ T - thoughts
- ▶ U - use an I-message
- ▶ V - value differences
- ▶ W - work together
- ▶ X - eXamine problems and solutions
- ▶ Y - you matter
- ▶ Z - organiZe



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



## Education

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling & Mental Health

## Experience

I'm an 8+ year school counselor veteran from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now I share my ideas and resources to reach students and help educators across the world!

Let's  
Connect:

