



Today's First Five fosters Community, Connection, and Care.

This is perfect to use for morning meetings and brain breaks. It's zero prep!

If you do NOTHING else, please sign up for this!

<https://www.edtomorrow.com/the-first-five>

CASEL Program Guide this is your one stop shop when it comes to searching SEL curriculum. If you're going to invest in a program make sure it is high quality evidence based. You can filter results based on your geographic location, student characteristics, grade levels, desired outcomes, and more. This is a must before spending dollars!

<https://pg.casel.org/>

Random Acts of Kindness Foundation is a free curriculum for grades K-8. It is a SElect program with CASEL, meaning it's evidence based! They are stand alone lessons you can use anytime...especially on Random Acts of Kindness Day—February 17, 2025.

<https://www.randomactsofkindness.org/for-educators>

Class Catalyst can be implemented daily in your classroom in just 3 minutes! It's a perfect way to discreetly check-in with each student and will assign the student an activity based on their mood and energy level. ZERO work for you!

<https://classcatalyst.com>

Start With Hello Week is a call to action event for schools and youth organizations dedicated to kindness, inclusion, and making connections. The website gives lots of ideas and resources for you to create your own week filled with fun, positivity, empathy and friendship.

<https://www.sandyhookpromise.org/our-programs/start-with-hello/start-with-hello-week/>