Character Education Resource Guide

CASEL: Collaborative for Academic, Social and Emotional Learning

[www.casel.org](http://www.casel.org)

CASEL is a 501(c)(3) not-for-profit organization that works to advance the science and evidence-based practice of social and emotional learning (SEL). We write books, articles, and briefs that synthesize scientific advances in SEL and explain their implications for practice. Our priorities focus on the benefits of preschool through high school SEL programming; how SEL coordinates with other educational movements; research and training in implementation; assessment; school and district leadership development; educational policies; and communications

**Safe and Sound: An Educational Leader’s Guide to SEL Programs**

In 2003, CASEL published [*Safe and Sound: An Educational Leader’s Guide to Social and Emotional Learning Programs*](http://casel.org/pub/safeandsound.php). This guide reviews 80 multiyear, sequenced SEL programs designed for use in general education classrooms. Included in this review are both comprehensive and more narrowly focused programs, such as drug education or anti-violence programs that can be combined with others.

Below is a list of the “CASEL Select” programs reviewed in 2003. These programs were so designated because they provide outstanding coverage in five essential SEL skill areas; have at least one well-designed evaluation study demonstrating their effectiveness; and offer professional development supports beyond the initial training.

**CASEL "Select" Programs**

* [Caring School Community](http://www.devstu.org/) (Child Development Project): This evidence-based K-6 program focuses on strengthening student connections to school and building a school community based on caring relationships between students, teachers, and families. Morning Meetings, Cross-Age Buddies Activities, Homeside Activities, and Schoolwide Activities are the main components included in the program.
* [Community of Caring](http://www.communityofcaring.org/) (Growing Up Caring): A K-12, comprehensive, whole school character education program that emphasizes the five core values of caring, family, respect, responsibility, and trust as important guides for adolescent life choices and decision making related to health, drugs, sex, and staying in school.
* [High/Scope Perry Preschool Project](http://www.highscope.org/): This PreK-3 program creates a learning environment where young children naturally engage in 58 "key experience" activities that foster development of important skills and abilities. The framework is based on five key principles: (1) active learning; (2) supporting children's initiative and understanding their actions; (3) a child-friendly, inviting and home-like learning environment; (4) a consistent daily routine; and (5) ongoing child assessment.
* [I Can Problem Solve (ICPS)](http://www.researchpress.com/product/item/4628/): A PreK-6 interpersonal problem-solving curriculum with 59-83 lessons per year designed to prevent anti-social behaviors and help children learn to generate solutions to everyday problems, consider others' points of view and possible consequences of an act, and arrive at nonviolent solutions to conflict.
* [Know Your Body](http://www.kendallhunt.com/index.cfm?PID=219&AUT=&ISB=&DIS=537&GRA=0&DES=&MTC=exact&BOOL=AND&KEY=&PPS=25&SRT=rank&CMD=detail&SRH=&PGI=126): A K-6 skills-based comprehensive health education curriculum with 49 lessons per year covering health topics such as nutrition, exercise, safety, disease prevention, consumer health issues, dental care, HIV/AIDS, substance abuse, and violence prevention, as well as citizenship topics.
* [Learning for Life](http://www.learning-for-life.org/): A K-12 general social skills program with 35-60 lessons per year designed to prepare students to successfully handle the challenges of today's society and enhance their self-confidence, motivation, and self-esteem.
* [Lions-Quest "Skills" series](http://www.lions-quest.org/): This K-12 series of curricula focuses on character education, service-learning, and violence and substance abuse prevention. Lions-Quest programs are designed to help students develop the behaviors and skills needed to become healthy and capable adults. With 64-103 lessons per year, this series includes Skills for Growing (K-5), Skills for Adolescence (6-8), and Skills for Action (9-12).
* [Michigan Model Teenage Health Teaching Module](http://www.emc.cmich.edu/): A K-12 comprehensive health education curriculum with 43-58 lessons per year that extensively address health topics including relationships, safety, emotions, physical senses, pollution, exercise, and nutrition. Substance abuse, smoking prevention, and violence prevention/conflict resolution are addressed thoroughly. Healthy sexual development is also covered.
* [Open Circle](http://www.open-circle.org/): This comprehensive, year-long, grade-differentiated K-5 social competency curriculum aims to help children become ethical people, contributing citizens and successful learners, and to help schools foster the development of relationships that support safe, caring, and respectful learning communities. The program has three major content areas: creating a cooperative classroom environment, solving interpersonal problems, and building positive relationships.
* [PATHS](http://www.channing-bete.com/prevention-programs/paths/): This PreK-5 curriculum provides 30-45 lessons per year designed to promote social and emotional competence, prevent violence, aggression, and other behavior problems, improve critical thinking skills, and enhance the classroom climate.
* [Peace Works](http://www.peaceeducation.com/): Peace Works is a collection of grade-level-specific conflict resolution curricula— Peacemaking Skills for Little Kids (preK-2), Peace Scholars (3-4), Creative Conflict Solving for Kids (5), Creating Peace, Building Community (6,7), Fighting Fair (8), and Win!Win! (9-12)—offering 16-48 lessons per year. There is also a peer mediation training component starting at fourth grade and going through high school.
* [Project ACHIEVE](http://store.cambiumlearning.com/ProgramPage.aspx?parentId=019005296&functionID=009000008&pID=Stop%20and%20Think%20Social%20Skills%20Program&site=sw): Project ACHIEVE's PreK-8 Schoolwide Positive Behavioral Program and School Safety component includes the Stop and Think Social Skills curriculum, which consists of 20 sequenced "core" and "advanced" skills. The program is designed to promote social skills, conflict resolution, academic achievement, and a positive school climate.
* [Resolving Conflict Creatively & Partners in Learning](http://www.esrnational.org/): With 28-51 lessons per year, RCCP's model includes a series of classroom-based SEL curricula, including Resolving Conflict Creatively (K-6), and Conflict Resolution in the Middle School, an extensive staff development component, parent workshops and a peer mediation program. A primary aim of RCCP is to help students develop the social and emotional skills needed to reduce violence and prejudice, form caring relationships, and build healthy lives.
* [Responsive Classroom](http://www.responsiveclassroom.org/): The Responsive Classroom K-6 approach to teaching, learning, and living aims to create classrooms that are responsive to children's physical, emotional, social, and intellectual needs through developmentally appropriate experiential education. Rather than structured lessons, it is based on six essential components or practices: classroom organization; morning meeting; rules based on respect for self and others and logical consequences of violating these rules; academic choice; guided discovery; and family communication strategies.
* [Second Step](http://www.cfchildren.org/programs/ssp/overview/): This PreK-8 program requires little prep time and is taught in tandem with classroom DVDs. The research-based program aims to strengthen factors that lead to success in school by helping students develop empathy and learn to control impulses, solve problems, and manage anger.
* [SOAR: Skills, Opportunity, and Recognition](http://www.channing-bete.com/prevention-programs/soar/): SOAR intends to create a community of learners through a school-wide K-6 program designed to strengthen instructional practices and increase family involvement. It addresses research-based risk and protective factors and focuses on providing students with skills, opportunities and recognition at school and at home.
* [Social Decision Making and Life Skills Development](http://www.umdnj.edu/spsweb): This K-6 program has 25-40 lessons per year and is designed to help children recognize and use their emotions in effectively solving problems in a wide range of real-life situations inside and outside the classroom.
* [Tribes Learning Communities](http://www.tribes.com/): This preK-12 program aims to promote learning and human development by creating a positive school and classroom learning environment .The program is designed to help students feel included, respected for their differences, involved in their own learning, and confident in their ability to succeed.
* [Voices: Reading, Writing, & Character Program](http://www.zaner-bloser-voices.com/Voices-Reading.html): A preK-6 integrated, multicultural literature-based, comprehensive reading and character education curriculum. It focuses on six core social skills and values: identity awareness; perspective taking; conflict resolution; social awareness; love and freedom; and democracy.