

Appendix A: Resources with strategies and activities for promoting social and emotional competencies

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Resource	Description of resource	Relevant domains	Skills
<p>Report: <i>Preparing Youth to Thrive: Promising practices for social and emotional learning</i> (Smith et al., 2016).</p> <p>Available for download from www.selpractices.org</p>	<p>Identifies key youth experiences and staff practices for promoting the following social and emotional competencies:</p> <ul style="list-style-type: none"> · Problem solving · Initiative · Responsibility · Emotion Management · Empathy · Teamwork <p>Provides case studies on promoting social and emotional development from various youth programmes in the US.</p>	Cognitive, Emotional, Social, Values, Identity	Problem solving, Taking initiative, Responsibility, Emotion management, Empathy, Teamwork
<p>Website: Character lab</p> <p>https://characterlab.org</p>	<p>Evidence-based strategies, activities and tips to promote social and emotional wellbeing among young people.</p> <p>The website includes playbooks for various social and emotional competencies. These consist of strategies for cultivating specific social and emotional competencies through using activities and by the adult Modeling, Celebrating, and Enabling the development of the skill.</p>	Cognitive, Emotional, Social, Values, Mindsets, Identity	Gratitude, Kindness, Honesty, Purpose, Emotional intelligence, Social intelligence, Curiosity, Creativity, Intellectual humility, Grit, Growth mindset, Self-control, Pro-activity
<p>Curriculum: <i>Step-by-Step - Toolkit for Promoting Social and Emotional Learning in Children and Teens</i></p> <p>https://www.worldbank.org/en/topic/education/publication/step-by-step-sel-curricula</p>	<p>The Step-by-Step toolkit was developed by the World Bank for promoting social and emotional skills in schools. Separate developmentally appropriate programmes are available for:</p> <ul style="list-style-type: none"> · Grades 1-2 (6-7 years) · Grades 3-4 (7-9 years) · Grades 5-6 (9-11 years) · Grades 7-8 (11-13 years) · Grades 9-10 (13-15 years) · Grade 11 (15-17 years). <p>Although this curriculum was developed for schools, many of the activities could also be delivered in youth settings. The Curriculum includes three modules (With Myself, With Others, With Our Challenges) with structured lesson plans and student workbooks for promoting social and emotional skills. Also available in Spanish.</p>	Cognitive, Emotional, Social, Values, Mindsets, Identity	Self-awareness, Self-regulation, Social awareness, Positive communication, Determination, Responsible decision-making
<p>Report: <i>Guiding principles for building soft skills among adolescents and young adults</i> (Soares et al., 2017), p.60-63</p> <p>https://static.globalinnovationexchange.org/s3fs-public/asset/document/YouthPower%20Action_Guiding%20Principles%20for%20Building%20Soft%20Skills_Final.pdf?Euwdv5ihol5g0qyNMkKWq_nAvUMqUJE1#page=45</p>	<p>Appendix B provides a summary of general strategies and associated principles that promote the development of specific soft skills</p>	Cognitive, Emotional, Social, Identity	Positive self-concept, Self-control, Social skills, Communication skills, Higher order thinking skills, Goal orientation, Empathy
<p>Practices: <i>The SEE Playbook: One Minute Practices</i></p> <p>https://seelearning.emory.edu/sites/default/files/2019-04/The_SEE_Learning_Playbook.pdf</p>	<p>A set of 1 minute meditative practices that can be used to de-stress and bring awareness to self.</p>	I am	Self awareness, Self-compassion, Empathy
<p>Curriculum: <i>Social, Emotional & Ethical Learning: Educating the Heart and Mind</i> (Centre for Contemplative Science and Compassion-based Ethics, 2019)</p> <p>https://seelearning.emory.edu/sites/default/files/2019-04/SEE_Middle_Chapters_1%262.pdf</p>	<p>A curriculum for young adolescents (11-13 years) to promote social and emotional skills.</p> <p>Although this curriculum is designed for school, many of the activities can also be applied in youth settings.</p>	Cognitive, Emotional, Social, Values, Mindsets, Identity, I am	Critical thinking, self-compassion, Perspective-taking, Empathy, Resilience, Self-awareness, Attention, Emotion regulation, Systems thinking
<p>Toolbox: <i>Switch It On - Manual of Practices for Youth Work</i></p> <p>https://positivementalhealth.eu/downloads/</p>	<p>A Toolbox of practices that are suggested to foster emotional intelligence and self-awareness in young people. The practices draw from mindfulness/meditation, body movement/music and nature-based strategies.</p>	Emotional, Cognitive, Social, Identity, Values, I am	Emotional intelligence, Self-awareness, Social awareness, Communication skills, Compassion

References

Centre for Contemplative Science and Compassion-based Ethics (2019). *Social, Emotional & Ethical Learning: Educating the Heart and Mind*. Centre for Contemplative Science and Compassion-based Ethics, Emory University, Atlanta. https://seelearning.emory.edu/sites/default/files/2019-04/SEE_Middle_Chapters_1%262.pdf

Smith, C., Akiva, T., Sugar, S., Lo, Y. J., Frank, K. A., Peck, S. C., Cortina, K. S., & Devaney, T. (2012). *Continuous quality improvement in afterschool settings: Impact findings from the Youth Program Quality Intervention study*. The Forum for Youth Investment, Washington, DC.

Soares, F., Babb, S., Diener, O., Gates, S., & Ignatowski, C. (2017). *Guiding Principles for Building Soft Skills among Adolescents and Young Adults*. Washington, DC: USAID's YouthPower: Implementation, YouthPower Action.

