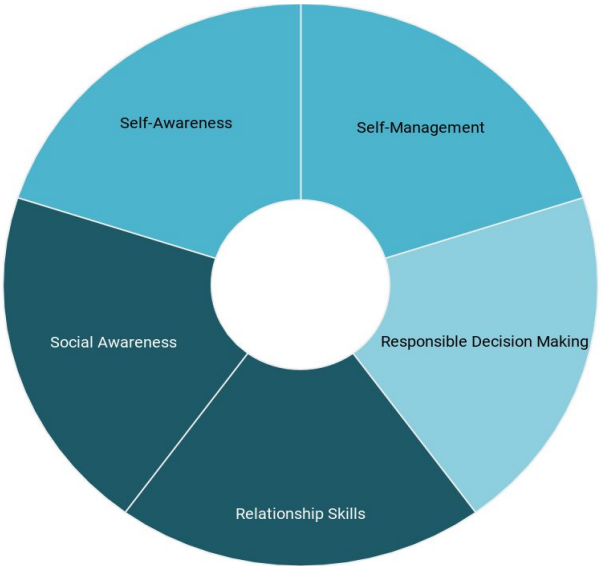
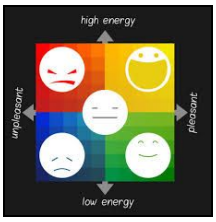
Technology Tools to Support Social Emotional Learning



The following technology tools, apps and platforms are recommended to enhance the social emotional learning of your children or students. Most of these tools was mentioned on a webinar with Love in a Big World, held on 2.19.20, "SEL Goes Digital with Robin L. Williams, MS, BCBA." They are organized below according to the specific competency that it may help support or teach. These 5 competencies were organized by the **Collaborative for Academic, Social and Emotional Learning (CASEL).**

Find more information about the CASEL core competencies here: https://casel.org/core-competencies/

Self - Awareness and Self-Management		**Mood Meter** - This app helps to build kids emotional intelligence by helping them learn to identity, describe, and react to their emotions. Kids can use it to record their emotional states, comment on the situations that led to those feelings, and choose to "stay" and record that state or "shift" and view inspiring images, quotes, and tips that help them shift a negative mood in a positive direction.
Self - Awareness and Self- Management		**Forest** - This app trains people to manage their time and become less dependent on their phones in a fun, purposeful way. By spending time away from their phones, users grow virtual trees and earn coins, which can then be saved up and used to help plant *real* trees in five countries in Africa — Cameroon, Kenya, Senegal, Uganda, and Tanzania.
Self - Awareness and Self- Management		**Insight Timer** - Insight Timer is a smartphone app and online community for meditation. The app features guided meditations, music and talks posted by contributing experts. The app made Time magazine's list of 50 best apps for 2016.
Self - Awareness and Self- Management		**Fabulous** - Fabulous is an app available for both the Android and the iPhone that helps you track habits and create routines. The app is based around the concept of 'journeys. Each journey allows you to set a routine up in small steps. The initial, free routine is all about the morning and setting yourself up for the day.

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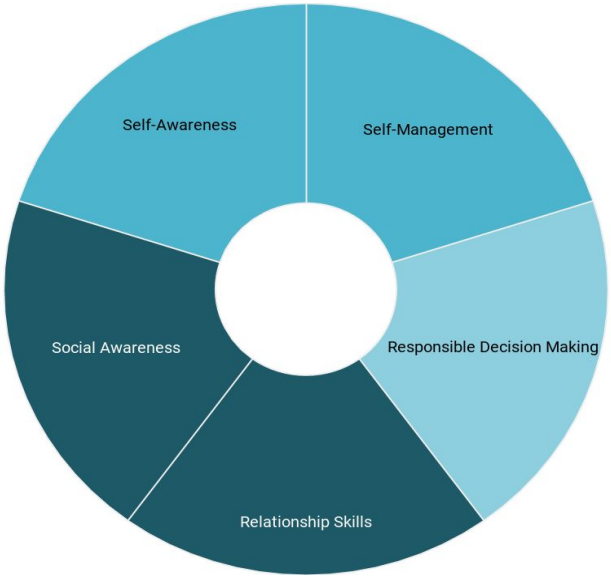

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Social Awareness and Relationship Skills		**3DBear -** 3D Bear is an Augmented Reality video app for education on iOS and Android. Engaging classroom experience for digital storytelling and problem based learning. It works well to facilitate collaboration, perspective taking, analyzing situations, problem solving and ethical decision making.
Responsible Decision-Making		**Class Craft** - Classcraft is a classroom management tool that uses gamification to boost student engagement. One of its stronger aspects is its effect on class culture and student behavior: It encourages cooperation, communication, and other social emotional skills by rewarding these behaviors through its game aspects.

Bonus Tips and Tools:

Skills BIP Builder - This is a software program that teachers, therapists and clinicians can use to quickly develop Functional Behavior Assessments and Behavior Intervention Plans. The app also tracks data of target behaviors and new skills that kids are learning!

Online Gaming - Most gaming platforms that allow students or children to assume the character of another person, tell a story or solve a problem encourage a variety of social skills and can even facilitate communication between players. When using gaming to teach social skills focus on games that have an end goal to solve a problem rather than solely acquire a certain amount of points.