



SECD Resource List

Adult Books

- *Grit* by Angela Duckworth
- *The Fearless Organization* by Amy C. Edmondson
- *Emotional Intelligence* by Daniel Goleman
- *The Happiness Advantage* by Shawn Achor
- *Authentic Happiness* by Martin E. P. Seligman, Ph.D.
- *The Resilience Factor* by Karen Reivich, Ph.D., Andrew Shatte, Ph.D.
- *My Pocket Positivity* by Courtney E. Ackerman
- *Learned Optimism* by Martin E.P Seligman, Ph.D.
- *Daring Greatly* by Brené Brown

Student Books

- *We Don't Eat Our Classmates* by Ryan Higgins (ages 4+)
- *Your Fantastic Elastic Brain* by JoAnn Deak, Ph.D. (ages 5+)
- *The Butter Book* by Dr. Seuss (ages 5+)
- *The Color of Us* by Karen Katz (ages 5+)
- *I Can Handle It!* by Laurie Wright (ages 5+)
- *Today I feel Silly & Other Moods That Make My Day* by Jamie Lee Curtis (ages 5+)
- *Bounce Back!* by Cheri J. Meiners (ages 5+)
- *The Dot* by Peter H. Reynolds (ages 5+)
- *When I Grow Up I Want to be Me* by Sandra Magsamen (ages 5+)
- *Just Breathe* by Mallika Chopra (ages 5+)
- *I Am Human: A Book of Empathy* by Susan Verde (ages 5+)
- *Dreamers* by Yuyi Morales (ages 5+)
- *The Wonky Donkey* by Craig Smith (ages 5+)
- *Where the Sidewalk Ends* by Shel Silverstein (ages 5+)
- *True You!* By Kristen B. Walton (ages 5+)
- *What Were You Thinking?* by Bryan Smith (ages 5+)
- *When Sophie Gets Angry – Really, Really Angry...* by Molly Bang (ages 5+)
- *Zilly: A Modern Day Fable* by Kelly Parks Snider (ages 5+)
- *Posted* by John David Anderson (ages 8+)
- *Refugee* by Alan Gratz (ages 11+)
- *The Hate U Give* by Angie Thomas (ages 13+)

Online Resources

5 Keys to Successful Social and Emotional Learning

<https://youtu.be/DqNn9qWoO1M>

Brené Brown on Empathy

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Why Practicing Can Help with Emotional Regulation
https://www.youtube.com/watch?v=cpR9FtOR_9M

The Positivity Project
<https://posproject.org/>

Dare to Lead #DaringClassrooms – Brené Brown
https://brenebrown.com/daringclassrooms/?utm_source=BBERG&utm_campaign=533061779e-EMAIL_CAMPAIGN_2019_07_30_02_30&utm_medium=email&utm_term=0_6af12a6111-533061779e-41299617

TED Talk - Building a psychologically safe workplace - Amy Edmondson
<https://www.youtube.com/watch?v=Lh0Luui9gX8>

Edward Deci - Self-Determination Theory
<https://www.youtube.com/watch?v=m6fm1gt5YAM>

TED Talk - *Why Good Leaders Make You Feel Safe* - Simon Sinek
https://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe#t-698780

Happy and Healthy Communities – What's Working in Well-Being Research
https://centerhealthyminds.org/news/happy-and-healthy-communities-whats-working-in-well-being-research?utm_source=Center+for+Healthy+Minds&utm_campaign=bfdb697935-Dec2018_Newsletter_NonDonor&utm_medium=email&utm_term=0_cce2315563-bfdb697935-9656523

Steve Jobs' 2005 Stanford Commencement Address
<https://www.youtube.com/watch?v=UF8uR6Z6KLc>

The Power of Vulnerability
https://www.ted.com/talks/brene_brown_on_vulnerability?language=en

Create Safety by Modeling Vulnerability
<https://www.tolerance.org/magazine/create-safety-by-modeling-vulnerability>

Good Teaching as Vulnerable Teaching
<https://www.facultyfocus.com/articles/teaching-and-learning/good-teaching-vulnerable-teaching/>

Build Student Trust by Sharing Stories on the First Day
<https://www.edweek.org/tm/articles/2018/08/15/first-day-school-sharing-stories-builds-trust.html?cmp=eml-eb-popweek+08242018&M=58587153&U=2907807>

Maurice Elias: Leader in SEL
<https://www.edutopia.org/profile/maurice-i-elias>

Integrating Social, Emotional, and Academic Development (SEAD): An Action Guide for School Leadership Teams: The Aspen Institute
<https://www.aspeninstitute.org/publications/integrating-social-emotional-and-academic-development-sead-an-action-guide-for-school-leadership-teams/>

SEL4NJ – Social Emotional Learning Alliance for NJ
<https://sel4nj.org>