Social-emotional learning resources

The following resources are available from Penn State Extension Better Kid Care to support children’s social and emotional development, and caregiver wellness.

On Demand courses
(Several courses available in Spanish)

- Addressing ACEs with Brain-based Approaches in Trauma-informed Care
- Adventurous Opportunities in OST Programming: The Whys and Hows
- Adverse Childhood Experiences: Building Resilience (Experiencias Adversas de la Infancia: Construyendo la Resiliencia)
- Antiracism (Part 1): Self-awareness and Communication
- Antiracism (Part 2): Program Policy and Family Engagement
- Antiracism (Part 3): Culturally Responsive Teaching
- Antiracism (Part 4): Physical and Emotional Environments
- Coaching + Mindfulness = Mindful Coaching
- Communicate Effectively With Children
- Community-Based Services: Connect Families (Servicios Basados en la Comunidad: Conectar Familias)
- Cultivating Healthy Intentional Mindful Educators
- Cultural Understanding: Building Solid Foundations
- Cultural Diversity and Responsiveness in Early Childhood Education
- Creating Special Moments with Infants and Toddlers (Creando Momentos Especiales con Bebés y Niños Pequeños)
- Dealing with Anger – The Children’s and Yours
- Death, Loss and Grief: Understanding How to Support Children
- Deployment Through a Child’s Eyes
- Executive Function Skills: Foster with Play
- Family Child Care: A Unique Role In Supporting Family Engagement (Cuido Infantil Familiar: Un Papel Único en el Apoyo del Compromiso Familiar)
- Family Child Care: CLAD – Cultural, Linguistic, Ability Diversity (Cuido Infantil Familiar: CLAD – Diversidad Cultural, Lingüística, y de Capacidades)
- Foster and Adoptive Families: Supportive Strategies
- Fostering Community through Restorative Practices
- Foundations of Child Development for Child Care Center Teachers
- Foundations of Child Development for Family Child Care Providers
- Family Child Care: Support Infants and Toddlers
- Family Child Care: Support Preschoolers
- Guiding Behavior: Responding to Biting and Teaching Sharing
- Infant-Toddler Care: Emotional and Social Development
- Infant-Toddler Care: Guiding Behavior
- Interactions Matter: Positive Teacher-Child Interaction Strategies
- Mindful Practice for ECE Professionals: Begin the Journey (Práctica de Atención Plena para Profesionales de ECE: Comience el Viaje)
- Move Beyond Time-out to Responsive Caregiving

extension.psu.edu/programs/betterkidcare
On Demand courses

- Non-instructional Staff: Create a Positive Climate for Children
- Observation with Purpose: Attachment and Teacher-Child Relationships
- Observation with Purpose: Focused on Equity (Observación con Propósito: Enfoque en la Equidad)
- Positive Peer Interactions in School-Age Programs—Administrators
- Positive Peer Interactions in School-Age Programs—Frontline Staff
- Positive Work Environments—Where Programs and Educators Thrive!
- Positive Youth Development: Building a Culture of Belonging
- PYD Foundations: Child and Youth Growth and Development
- PYD Foundations: Cultural Competency and Responsiveness
- PYD Foundations: Interactions with Children and Youth
- PYD Foundations: Youth Engagement
- Prevent Expulsion and Suspension: Effective Practices and Promising Directions
- Preschoolers’ Emotional Development: Feelings and Managing Emotions
- Preschool Foundations: Nurture Interactions and Guide Behavior
- Prioritizing Educator Well-being Through COVID and Beyond (Priorizar el Bienestar del Educador a Través de COVID y Más Allá)
- Problem-Solving Approaches to Use Everyday
- Resilient Caregivers: ‘Bouncing Back’ from Stress
- Rock Solid: Building Positive Relationships, Birth – 3 Years, Part 1
- Rock Solid: Building Positive Relationships, Birth – 3 Years, Part 2
- Rock Solid: Enhancing Emotional Literacy, Birth – Age Three
- Rock Solid: Enhancing Emotional Literacy, Three – Five Years
- See as a Child, Feel as a Child
- Self-care for ECE Professionals Who Care for Children Impacted by ACES
- Social-Emotional Learning and a Positive Classroom
- Social-emotional Learning and Equitable Practice for ECE Professionals
- Social-emotional Learning and Equity: Program Policy
- Stress: Seeing with Optimism
- Supporting LGBTQ Youth
- Three Core Concepts in Early Brain Development
- Tools of the Trade for School-Age Practitioners: Positive Guidance

Vodcasts
Short videos with corresponding discussion starters and articles.
- Being There for Grieving Children
- BKC—Caregiver Sensitivity
- Cultural Understanding
- Executive Function Skills: Foster with Partner-time Play
- Stress: Seeing with Optimism

Find our vodcasts at: extension.psu.edu/programs/betterkidcare/vodcasts

Related resources
Research-to-practice tip pages can be found within each of the content areas on our website at: extension.psu.edu/programs/betterkidcare/content-areas

Ready to take a course?
Sign in to On Demand at: od.bkc.psu.edu. Search the course title to get started.
Find course descriptions and objectives by searching a course title on our website.
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