



EF and SEL Strategy Planner

Use this planner to integrate executive function strategies and social emotional outcomes for your students.



Meltzer, L.J., Greschler, M., Kurkul, K., Stacey, W., Ross, E., & Snow, E. (2015). *SMARTS Executive Function and Mentoring Program*. www.smarts-ef.org.

What is the CASEL Framework? CASEL. (2021, October 11). Retrieved from <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/>

Which areas of EF and SEL are strengths for your students? Which areas are challenges?

Manage My Mood – EF focus: self-monitoring/self-checking; CASEL focus: self-awareness

What challenges do you see your students facing in these areas? When and where are these challenges most apparent (e.g., time of day, academic tasks)?

What elements of this lesson do you like? _____

How can you implement this with your students? _____

What Hat Am I Wearing? – EF focus: self-monitoring/self-checking; CASEL focus: responsible decision-making

What challenges do you see your students facing in these areas? When and where are these challenges most apparent (e.g., time of day, academic tasks)?

What elements of this lesson do you like? _____

How can you implement this with your students? _____

Being Flexible and Shifting Expectations – EF focus: cognitive flexibility; CASEL focus: relationship skills

What challenges do you see your students facing in these areas? When and where are these challenges most apparent (e.g., time of day, academic tasks)?

What elements of this lesson do you like? _____

How can you implement this with your students? _____

CANDO Goals – EF focus: goal setting; CASEL focus: self-management

What challenges do you see your students facing in these areas? When and where are these challenges most apparent (e.g., time of day, academic tasks)?

What elements of this lesson do you like? _____

How can you implement this with your students? _____

What is one resource from today's presentation you can use right away to support your students' EF and SEL development? (Ideas: mood checkers, flexible thinking/perspective taking activities, goal setting frameworks, etc.)

What questions do you have?