

How to use 'The SEAL Community' website

The SEAL Community is a not-for-profit organisation, run by leading experts in the field, which aims to make professional Learning and practical resources for schools and teachers accessible at minimal cost. Resources include assemblies, lessons, small group and whole-school activities for ages 3 to 14, coherently planned to provide a progression in learning key social and emotional skills. Explore these at www.sealcommunity.org.

To find out more about what the structure and purpose of the SEAL Community, and how to use the website, we suggest you watch this useful 15 minute video:

<https://www.youtube.com/watch?v=8nxmpyGQDeo>

The video shows you how to find the resources you need on the SEAL website. All the original national England and Wales SEAL resources are available free to download for anyone who registers on the website. Newer resources are available for paid members. Some ELSAs and TIS practitioners will find that their school or local authority has already paid for membership – just ask! If that is the case, once you have registered and created a password, log in and click the 'Join' link. You will see a drop-down menu of organisations. Tick your school, local authority, regional group, confirm and click 'Join SEAL'. This will give you full membership, access to all the resources on the website and a termly newsletter

A case study: How ELSA and TIS Practitioners use The SEAL COMMUNITY Resources.

In Torfaen, a local authority in Wales, ELSAs and TIS Practitioners have used their membership of the SEAL Community in different ways.

The regular termly newsletter highlights research and policy development, but also practical new resources and case-studies of amazing work that other schools are doing.

Perhaps most valued, however, is the ability the website offers to immediately find helpful and motivating resources in many different areas of SEL. These include:

1. Assessment of Social and Emotional Skills: (Teacher and pupils' own perspectives)

www.sealcommunity.org

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Member resources

Member resource type

- Show all (855)
- Anti-bullying lesson plans and assemblies (30)
- Assemblies (46)
- (-) Assessment tools (11)
- Changes and transitions lesson plans and assemblies (32)
- Classroom activities and resources Early Years (13)
- Classroom activities and resources general (33)
- Classroom activities and resources Primary (145)
- Classroom activities and resources Secondary (114)
- Family SEAL (11)
- Getting on and falling out (primary) or Learning to be together (secondary) lesson plans and assemblies (88)
- Going for Goals (primary) or Keep on Learning (secondary) (49)
- Good to be me (primary)/Learning about me (secondary) lesson plans and assemblies (76)
- Guidance (12)
- Inspiring posters and quotes (4)

SEAL self-assessment tools

Julie Casey, one of our founders, has kindly made available for free full set of SEAL assessment tools, in the form of an overall progression in SEL skills and booklets of 'I can' statements. They enable children from three to eleven to self-assess on all the key SEAL learning outcomes. There are separate booklets for Foundation Stage, KS1, lower KS2 and upper KS2. Thank you, Julie!

Assessment	Size
Foundation Stage Self Assessment Booklet.pdf	4.6 MB
KS1 Self Assessment Booklet.pdf	7.19 MB
KS2 Y3+4 Self Assessment Booklet.pdf	4.99 MB
KS2 Y5+6 Self Assessment Booklet.pdf	10.37 MB
Overall progression of sel skills.doc	364.5 KB

Published: 07/01/2025 by Jean Gross

Using measurement tools to understand pupils' mental health needs: a guide for schools and colleges

This is a useful guide from the Anna Freud Centre on how to measure wellbeing. It signposts available tools, and prompts thinking about what we want to measure, and why.

Assessment	Size
measurement-tools-understanding-needs.pdf	1.55 MB

Published: 01/02/2024 by Jean Gross

Belonging Scale

This tool can be used with individual children to assess how far they feel they belong in their school, and feel connected to it.

Assessment	Size
Belonging scale.pdf	66.9 KB

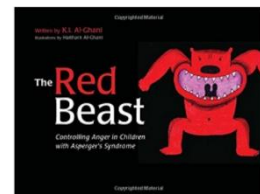
2. Resources and ideas for specific SEL areas to use with individuals or small groups – updated termly. Everything in one place.

Managing Anger:

In TIS practice, regulating feelings forms part of the P+3Rs (Protect, Relate, Regulate, Reflect). In ELSA practice, managing anger is one of the most common referral reasons.

If you search for 'anger' you will find:

- The SEAL and SEAL Cymru (English and Welsh Medium) original materials. The Themes 'Getting on and Falling Out' (primary) and 'Learning about Me' (secondary) provide structured activities which build across the age range from early years to Y9.
- The primary small group activities for these themes provide differentiated activities with a more concrete base for students who may need additional small group or individual activities.
- Case studies of how schools have tackled this area.
- Links to New Books and resources about Anger
- Link to 'TAKE 90' <http://www.take90.co.uk> (website and film about anger dissipation for older secondary students)
- Link to 'The Incredible 5-Point Scale' App.... AND MUCH MORE!
<https://itunes.apple.com/us/app/autism-5-point-scale-ep/id467303313&nbps>



Similar searches can be carried out for 'Anxiety,' 'Bereavement,' 'Change' etc.

3. **SHORT VIDEO INSPIRATION FOR PRACTITIONERS:** Also useful are the short, focused SEL Films we produced with Southeast Wales Education Achievement Service (EAS). See below for more information about these films which ELSAs, TIS Practitioners and wellbeing staff have found invaluable for their own professional learning in the area of SEL. And all practically focused with ideas to take straight into the classroom or group.

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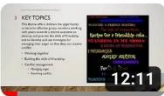







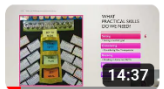
Julie@sealconsultancy.com

29 Short Online SEL Videos: SEAL Community Inspiration whatever the topic - whole school to specific topic work with classes, groups and individuals.

These 29 videos cover specific topics for working with individuals or small groups (e.g. getting on with others, anger, conflict management, bereavement, change, setting goals, building resilience, self-esteem, going to secondary school etc.). Inspiration for teachers and loads of examples, video clips etc.

They all also cover whole-school aspects – how to build a school that feels safe and where children feel they belong. How we can build relationships of trust. TIS Practitioners will recognize these as key tenets of the P+3Rs approach (in particular **‘PROTECT’** (Build your school community with SEL) and **‘RELATE’** (Help children get on with others). These are all available on our YouTube Channel.


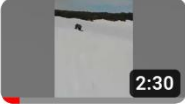


https://www.youtube.com/playlist?list=PL3yfDKlyHojJnPLz_gZ48nIAfUA4_bU_c










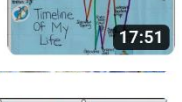


1		Build your school community with SEL: New Beginnings/Place to Learn	The SEAL Community	⋮
2		Help children get on with others with SEL Part 1 Intro	The SEAL Community	⋮
3		Help children get on with others with SEL Part 2 Anger	The SEAL Community	⋮
4		Help children get on with others with SEL Part 3 Conflict	The SEAL Community	⋮
5		Help children get on with others with SEL Part 4 Friendship	The SEAL Community	⋮
6		Help children get on with others with SEL Part 5 co operation and working together	The SEAL Community	⋮
7		Help children get on with others with SEL Part 6 Sharing practice	The SEAL Community	⋮
8		Help children go for goals with SEL Part 1 intro	The SEAL Community	⋮
9		Help children go for goals with SEL Part 2 Taking responsibility	The SEAL Community	⋮
10		Help children go for goals with SEL Part 3 Breaking down goals and planning for obstacles	The SEAL Community	⋮

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|----|---|--|---|
| 11 |  | <p>Help children go for goals with SEL Part 4 Persistence, resilience and waiting for what you want</p> <p>The SEAL Community</p> | ⋮ |
| 12 |  | <p>bears in snow</p> <p>The SEAL Community</p> | ⋮ |
| 13 |  | <p>Help children go for goals with SEL Part 5 Sharing practice</p> <p>The SEAL Community</p> | ⋮ |
| 14 |  | <p>Good to be me/Learning about me Part 1 Introduction/focus on whole school tools</p> <p>The SEAL Community</p> | ⋮ |

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| 15 |  | Good to be Me Learning about me Part 2 Knowing and valuing myself
The SEAL Community | ⋮ |
| 16 |  | Good to be me Learning about me Part 3 Managing feelings
The SEAL Community | ⋮ |
| 17 |  | Good to be me Learning about me Part 4 Assertiveness and making wise decisions
The SEAL Community | ⋮ |
| 18 |  | Good to be me Learning about me Part 5 Sharing practice
The SEAL Community | ⋮ |
| 19 |  | Part 1 Relationships: Introduction
The SEAL Community | ⋮ |
| 20 |  | Part 2 Relationships : the importance of healthy relationships
The SEAL Community | |
| 21 |  | Part 3 Relationships: the other side of relationships
The SEAL Community | |
| 22 |  | Part 4 Relationships : sharing practice
The SEAL Community | |
| 23 |  | CHANGES Part 1 Introduction
The SEAL Community | |
| 24 |  | CHANGES Part 2 Understanding change and its impact
The SEAL Community | |
| 28 |  | CHANGES Part 6 Loss
The SEAL Community | |
| 29 |  | CHANGES Part 7 Sharing practice
The SEAL Community | |