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Toolbox: Social Emotional Learning Curriculum for K-6 Students

The Toolbox: A Social-Emotional Learning (SEL) Curriculum

Toolbox is a research-based social-emotional learning curriculum. It teaches critical social competencies necessary for academic and life success such as: resiliency, self-management, and responsible decision-making skills.

Years of research in the field of childhood resiliency and social-emotional learning have taught us that emotional and behavioral regulation skills can be explicitly taught in schools and that the benefits are huge!

Significant data from 213 studies indicates that SEL programs are associated with positive results:

- Improved attitudes about self and others,
- Increased pro-social behavior,
- Lower levels of problem behaviors and emotional distress, and
- Improved academic performance (Catalano et al., 2002; Greenberg et al., 2003; Zins et al., 2004).

Berkeley Unified School District has adopted Toolbox for use in grades K-6. Malcolm X and John Muir Elementary Schools successfully piloted the Toolbox curriculum and contributed to raising awareness about its potential to positively impact the lives of students in Berkeley!

Want to learn more? You can find more information about the Toolbox Project below:

- [Toolbox Overview \(English\)](#)
- [Toolbox Overview \(Spanish\)](#)
- [Toolbox Info for K-3 Parents \(English/Spanish\)](#)
- [Toolbox Info for Parents of students in 4-6 grades \(English/Spanish\)](#)
- [Books to Support the Teacher Toolbox Curriculum](#)

You can also find a few great videos and more information on [the Toolbox Project website](#).

You can also visit our [Positive Behavior and Intervention Supports \(PBIS\)](#) webpage to learn more about efforts in Berkeley public schools to create a positive learning environment for every student.

The 12 Tools
 Breathing Tool
 Quiet/Safe Place Tool
 Listening Tool
 Empathy Tool
 Personal Space Tool
 Using Our Words Tool
 Garbage Can Tool
 Taking Time Tool
 Please & Thank You Tool
 Apology & Forgiveness Tool
 Patience Tool
 Courage Tool

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Suicide Prevention: [Board Policy](#)

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For inquiries or concerns regarding BUSD nondiscrimination policy [5145.3](#) or the filing of discrimination complaints please contact:

Jasmina Viteskic, Title IX Coordinator/Compliance Officer

2020 Bonar Street Room 116, Berkeley, CA 94702

Phone: 510.486.9338 Email: nondiscrimination@berkeley.net

More information is available at www.berkeleyschools.net/non-discrimination/.

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