

## MOD 3.2 Explicit SEL Instruction



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### TAKE IT DEEPER- ELEMENTARY SCHOOL: Using SEL Kernels

Developed by Harvard University's Ecological Approaches to Social Emotional Learning ([EASEL](#)) Laboratory, Kernels are specific activities or strategies that are commonly used by research-based programs to support the growth and development of social and emotional skills and competencies.

[Read more about why Kernels are important.](#)

Explore and review your [grade-appropriate kernels](#).

How have you or how might you use specific kernels?

Explore guides to make Kernels more appropriate for your students.

[Making Practices Culturally Responsive](#)

[Adapting Practices for Students with Special Needs](#)

[Making Classrooms and Schools Trauma-Informed and Healing-Centered](#)

What resonated with your needs? What would you like to learn more about?