

Missoula County Public Schools **Social Emotional Learning & Support**

PK-5 SELS
Resources

6-8 SELS
Resources

9-12 SELS
Resources

Caregiver
SELS
Resources

Staff
SELS
Resources



PreK-5 Social Emotional Learning & Support

[Zones of Regulation](#)
[PurposeFull People](#)

[PreK](#)

[PBIS World](#)

[Grief Resources](#)

Be Good People
[K-3](#) & [4-5](#)

[Mindful Minute](#)
5 Minute Mindfulness Lessons

[Missoula Community](#)
[Mental Health Resources](#)





PreK Social Emotional Learning & Support

[Social Emotional Standards](#)

[Mindfulness](#)

[Zones of Regulation](#)
[PurposeFull People](#)

[Kindergarten Readiness](#)





6-8 Social Emotional Learning & Support

[Be Good People Curriculum](#)

[Character Strong](#)

[PBIS World](#)

[Mindful Minute](#)

5 Minute Mindfulness Lessons

[Missoula Community
Mental Health Resources](#)

[Grief Resources](#)





9-12 Social Emotional Learning & Support

[Be Good People Curriculum](#)

[Grief Resources](#)

[Mindful Minute](#)

5 Minute Mindfulness Lessons

[Missoula Community
Mental Health Resources](#)

[PBIS World](#)





Caregiver Social Emotional Learning & Support

[Grief Resources](#)

Mindfulness

[Preschool](#) [Kindergarten-12th](#)

[Missoula Community](#)
[Mental Health Resources](#)

(After a Problem) [Self-Reflection Sheets](#)





MCPS Staff Social Emotional Learning & Support

Upcoming SELS Trainings

Mindfulness for
School Staff

[Missoula Community
Mental Health Resources](#)

(After a Problem) Student
[Self-Reflection Sheets](#)

[Educators Thriving](#)

[Second Step for Adults](#)





Contributions

Molly Tingley, Dana Maki and Andrea Mooney (organizing HeadSpace videos into lessons)

Vanessa Gibson

DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents

Mindful Schools

Headspace

Be Good People curriculum

Tamarack Grief Resource Center

PBIS World.com

Missoula City and County Behavioral Health

Next Steps

- Method for staff input/resources
- Presence on individual school pages
- Cleaning up C&I page - moving this forward
 - SELS page title
- Continuing SELS work group
- Collaborate with community providers (Headstart, other providers, etc)
- Tier 2, Tier 3 resources