

# The Foundational Pillars of Social Emotional Learning and Mental Health Literacy



## Social Emotional Learning: Connecting the Dots

[Click Here to Access](#)

This video was created by the District Team and can be used to initiate conversations, networking and sharing to unpack the “WHY” that drives our teaching of social emotional learning.

## 25 Quick and Easy Ways to Embed Social Emotional Learning

[Click Here to Access](#)

This resource was created to provide educators with 25 quick and easy ways to embed SEL into their daily routines and practice.

Embedding social and emotional learning (SEL) into instruction is a powerful way to help students connect and engage in learning.



MIDDLE YEARS  
DEVELOPMENT  
INSTRUMENT

**The Middle Years Development Instrument (MDI)** is a self-report questionnaire completed by children in Grades 4 through 8. It asks them how they think and feel about their experiences both inside and outside of school. The Greater Victoria School District has participated in the MDI since the 2016-17 school year.

[Click Here to Access 2022 District Reports](#)



**Second Step:** [Click Here to Access](#)

Every elementary and middle school in the district has access to this social emotional learning resource. Second Step Elementary and Middle digital program is a web-based social-emotional learning (SEL) curriculum that allows for consistency from classroom to classroom and easily scales across schools

**Mental Health Literacy (MHL):** [Click Here to Access](#)

The Mental Health and High School Curriculum Guide provides a complete set of evidence-based, online modular resources proven to increase the understanding of mental health and mental disorders, decrease the stigma of mental illness and enhance help-seeking efficacy among both students and teachers.



**How Mental Health Literacy is Related to (but distinct from) Social Emotional Learning**

The Focus of MHL	The Focus of SEL
Distinguishing between everyday emotions and feelings, from mental illness/disorder	Addressing social and emotional skills (e.g., Identifying emotions, perspective taking and self-control, Interpersonal problem solving and decision making)
How to obtain and maintain positive mental health	Being in touch with one's own emotions, managing emotional distress, and decreasing conduct problems
Promoting help- seeking intentions and behaviours	Improving attitudes about self, others, school, and community
Working to reduce the stigma around mental illness and their treatments	Improving pro-social behaviours, enhancing academic performance and decreasing substance use

[Learn More About MHL Here](#)  
[UBC Professional Learning](#)



Everyday  
Anxiety  
Strategies for  
Educators

**EASE: Every Day Anxiety Strategies for Educators**  
[Click Here to Access](#)

The Everyday Anxiety Strategies for Educators (EASE) lessons are available at no cost for Primary (K–3) and Intermediate (4–7) educators. To access them, you’ll need to complete a three-hour online course about understanding and managing everyday anxiety at school.

EASE Online includes six sections:

- Introducing EASE
- The Educator’s Role in Mental Health
- Understanding Anxiety
- Anxiety in the Classroom
- Creating a Supportive Environment
- Tying It All Together