







SELweb EE and Mineola Grows Alignment




SELweb EE is a direct assessment of key social-emotional competencies in kindergarten to third grade, including: self-awareness, emotion recognition, social perspective-taking, social problem-solving, and self-control. Mineola Grows video lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in the Mineola Grows video lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	Lesson				
		Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
How My Brain Works!	1. Hello Learners! Meet Your Brain!				✓
	2. Meet Your Neurons!				✓
	3. Get Your Neurons Active with Pop! Buzz! Zap!				✓
Self- Regulation Series!	1. A Tour of the Brain!				
	2. The Hand-Brain Model	✓	✓		✓
	3. What is My Lizard Brain?				✓
	4. Zones of Regulation	✓			✓
	5. Calming Strategies			✓	✓
Dr. Nagler's Laboratory!	What are the Learning Zone & Performance Zone?				✓
	Promoting Growth Mindset				
	Developing a Growth Mindset!				✓
	Deliberate Practice				✓
Habits of Mind	Taking Responsible Risks			✓	✓
	Striving for Accuracy				✓
	Persistence				✓



SELweb LE and Mineola Grows Alignment

SELweb LE is a direct assessment of key social-emotional competencies in 4th to 6th grade, including: self-awareness, understanding others' emotions and perspectives, social problem-solving, and self-control. Mineola Grows video lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in Mineola Grows video lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	Second Step Digital Lesson			
		Understanding Others	Problem-Solving	Self-Control
How My Brain Works!	1. Hello Learners! Meet Your Brain!			✓
	2. Meet Your Neurons!			✓
	3. Get Your Neurons Active with Pop! Buzz! Zap!			✓
Self- Regulation Series!	1. A Tour of the Brain!			
	2. The Hand-Brain Model	✓		✓
	3. What is My Lizard Brain?			✓
	4. Zones of Regulation	✓		✓
	5. Calming Strategies		✓	✓
Dr. Nagler's Laboratory!	What are the Learning Zone & Performance Zone?			✓
	Promoting Growth Mindset			
	Developing a Growth Mindset!			✓
	Deliberate Practice			✓
Habits of Mind	Taking Responsible Risks		✓	✓
	Striving for Accuracy			✓
	Persistence			✓
Smart is My Choice!	Recognizing Mistakes Improves Our Brains!	✓		✓
	Growth and Fixed Mindset	✓		✓
	Growth Voice vs. Fixed Voice			✓
	Choosing to Get Smarter			✓
	The 5 Strategies for Resilience			✓