Social, Emotional, Wellbeing and Behavioural Skills Development:

Useful Websites

National Behaviour Support Service
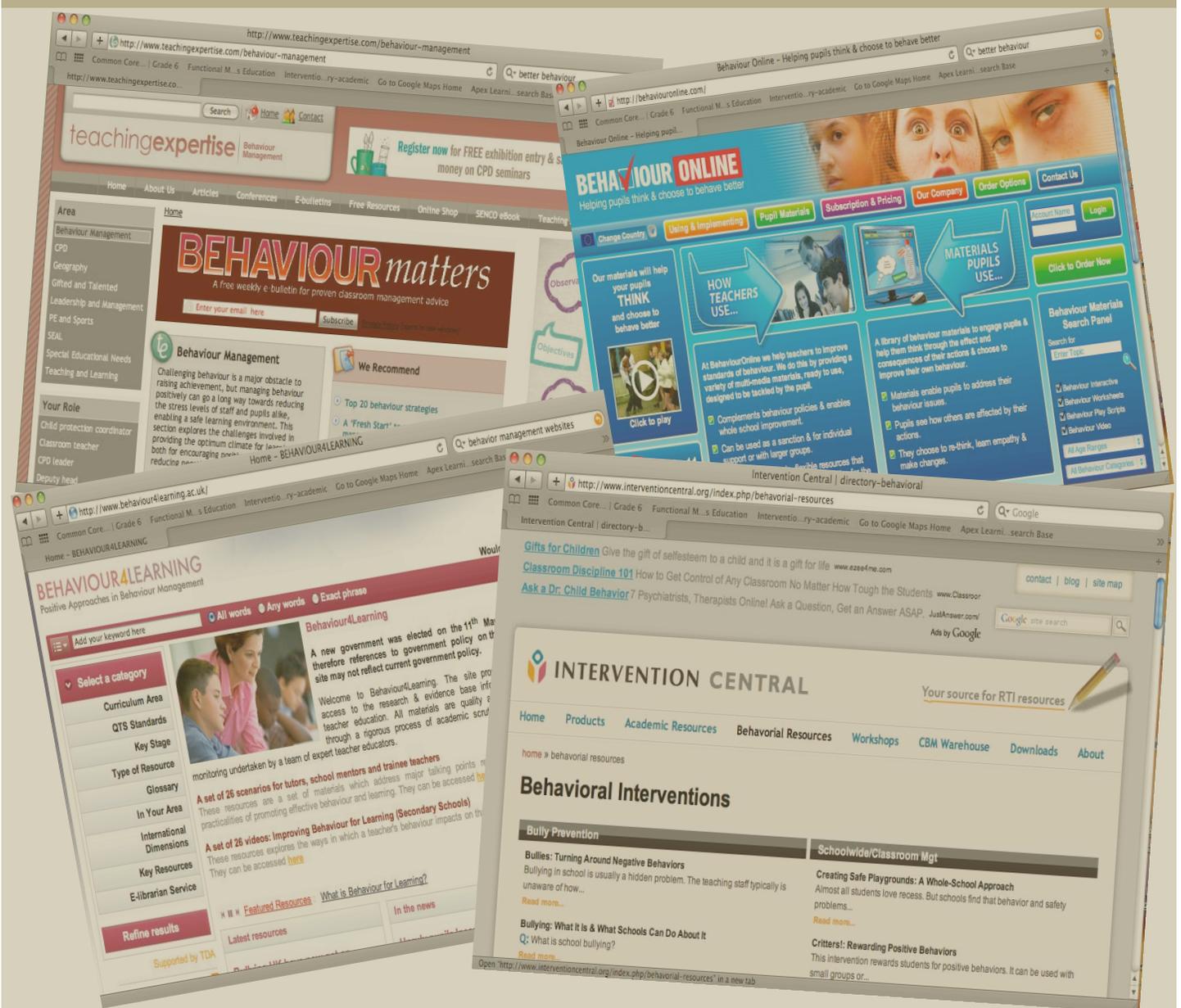
National Behaviour Support Service (NBSS)
Navan Education Centre
Athlumney
Navan
Co. Meath

Telephone: +353 46 9093355
Fax: +353 46 9093354

Email: nbss@ecnavan.ie
Website: http://www.nbss.ie

The National Behaviour Support Service (NBSS) was established by the Department of Education & Skills in 2006 in response to the recommendation in *School Matters: The Report of the Task Force on Student Behaviour in Second Level Schools* (2006).

The NBSS is funded by the Department of Education and Skills.

NBSS Model of Support to Schools -
A Continuum of Support

The National Behaviour Support Service offers three levels of support to second level schools:

- **Level 1:** School-wide Positive Behaviour Support
- **Level 2:** Targeted Intervention Behaviour Support
- **Level 3**: Intensive, Individualised Behaviour Support

Through its model of support the NBSS works with schools in developing a continuum of support to address comprehensively students' social, emotional, academic and behavioural needs. This approach, based on international best practice, is applied across all three levels and is customised to the specific characteristics, needs and requirements of each partner school on an on-going basis as change occurs.

The NBSS has chosen a whole school approach as its fundamental vision and practice. This is defined as working with schools on vision, systems, structures and practices. The aim of Level 1 support is to stimulate the creation of school cultures that actively promote positive behaviour to enrich the learning and teaching experiences of all members of the school community. NBSS Level 2 supports schools in the development and implementation of targeted interventions for students, in small groups, class groups or year groups whose progress in school is impeded by their social, emotional, academic or behavioural skills. The third level of NBSS support is distinctive in that it is tailored to the specific needs of the individual student. Characteristically, this level of support is offered to the small number of students who, notwithstanding whole school behaviour support and targeted interventions, continue to experience difficulty. These students have multiple needs that call for an intensive, individualised intervention.

This booklet outlines some of the websites and resources that can support and inform the development of social, emotional and behaviour for learning skills.

* Please note that this booklet is not an "approved" list of websites, organisations and resources, nor does this list constitute an endorsement of these websites or any commercial products, technology and software mentioned, over others that might be considered. They are provided for information purposes only.

Positive Behavioral Interventions and Support

http://www.pbis.org/

The Positive Behavioral Interventions and Supports website, set up by the US Department of Education, gives schools information for identifying, adapting and sustaining effective school-wide disciplinary practices. It provides a wide range of useful information, resources and tools. In the resource catalog you can search by subject, resource type or author as well as by prevention levels (universal, secondary and tertiary).

Intervention Central
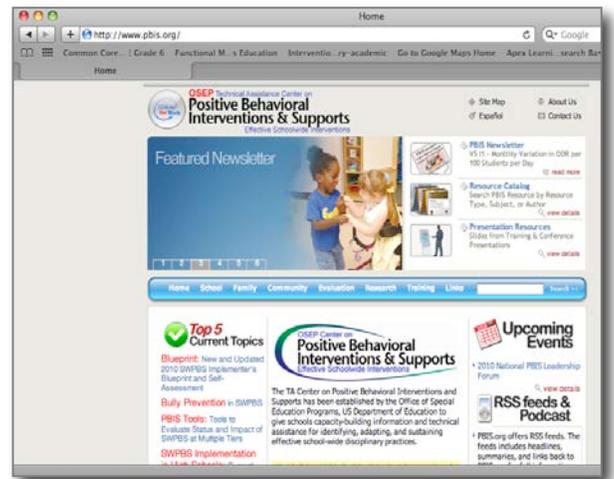
http://www.interventioncentral.org

Intervention Central provides resources and tools on a variety of behaviour improvement areas. In the *Behavioural Resources* section you can find lesson plans and implementation steps on a range of classroom management interventions and in the *Academic Resource* section you can access lesson plans for a variety of teaching and learning strategies.

The Behaviour Home Page

http://www.state.ky.us/agencies/behave/homepage.html
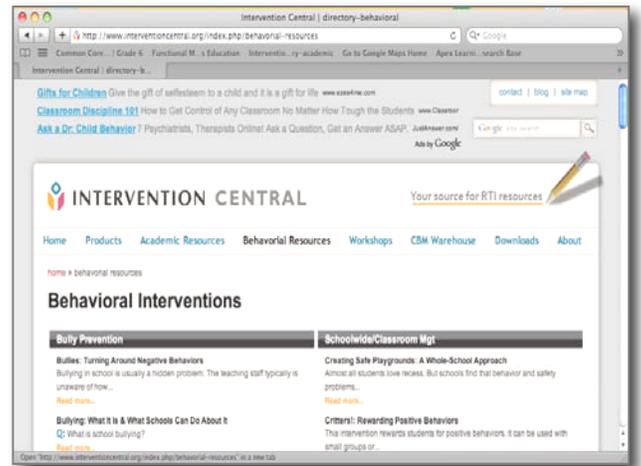
This site, created by Kentucky University, is a large source of resources, tools and information that can be used to design both behavioural and academic interventions at whole school, class, small group and individual level. There are many downloadable forms and lesson plans that can be used to plan and support interventions, as well links to other useful sites.

Behaviour 2 Learn
http://www.behaviour2learn.co.uk
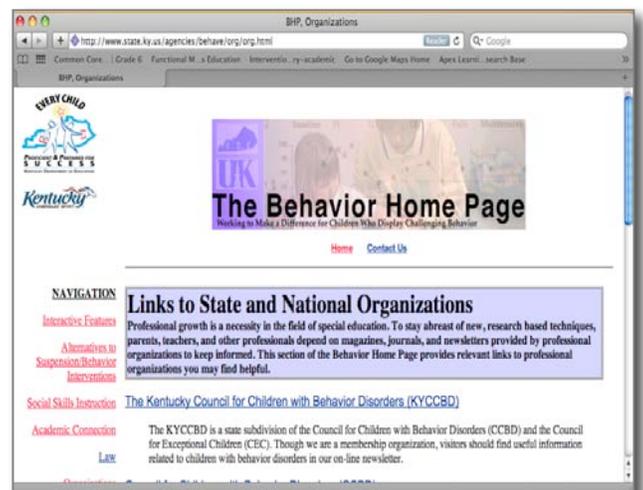
On this site you can access numerous resources related to promoting effective behaviour and learning. A set of 26 classroom 'scenarios' trainee teachers in the UK identified as being those which they feel are the key areas that they want information about, can be explored. Each scenario contains a number of slides which take users through aspects of each behaviour being considered. All of the scenarios contain links to additional materials available freely on the website.

Teaching Expertise
http://www.teachingexpertise.com/

Teaching Expertise offers free education resources, articles and e-bulletins, advice and guidance to educators. In the *Classroom Management* and the *Social and Emotional Aspects of Learning* (SEAL) sections you can access resources, articles and find out about related publications. You can also sign up for Behaviour Matters, a fortnightly e-bulletin that is worth getting.

Florida's Positive Behavior Support Project
http://flpbs.fmhi.usf.edu/

On Florida's PBS website you'll find lots of useful resources and examples from schools of interventions at whole school, class, group or individual level. For example at the *Tier 1:Universal* you'll find examples from schools of the consequences they use for breach of rules or rules and expectations used for the various locations in the school e.g. corridors, toilets etc. The resources section also includes behaviour report cards, classroom intervention plans and lots more.

Behavior Doctor

http://behaviordoctor.org/material-
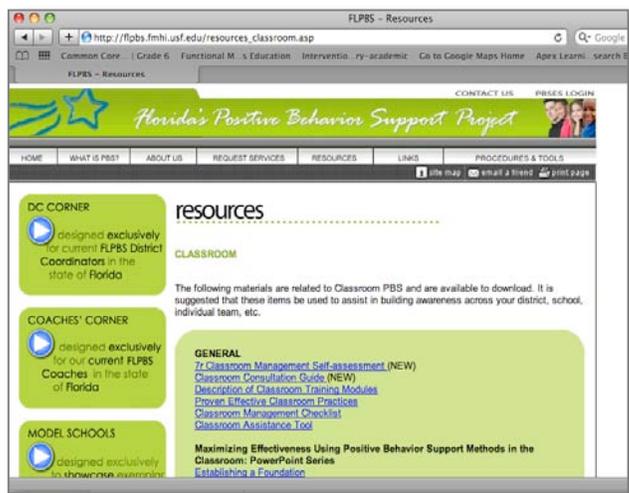
This site has many tools, forms and powerpoints available to download on a range of topics. For example powerpoints on self esteem building, information sheets on the check-in check-out system and homework point cards. There is also a section called *School-wide* where you can access information, manuals and other resources to support interventions at whole school, class and group or individual level.

Columbia Schools Positive Behavior Support

http://www.columbia.k12.mo.us/staffdev/cpspbs/

This site provides examples of lesson plans and ideas on implementing rules, routines and expectations. In the *Define Expectations* section you can download examples of these from different schools. In the *Teach Expectations* section you can download lesson plans and the steps to teaching school and class rules. Also available is an example of how to teach social skills and academic skills in parallel. The *Tools* and *Other Resources* sections contain links and materials that are worth a look.
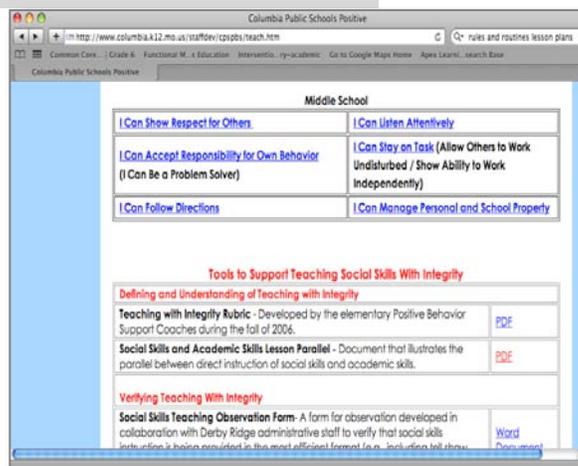
Dr Mac's Behavior Management Site

http://www.behavioradvisor.com/

On this site you'll find hundreds of positive strategies and interventions for promoting appropriate behaviour. You have to sign up to access the resources which requires you to give your name and email address – no cost involved – then a link is sent to your mail box where you can access the resources, information, podcasts and ideas related to positive behaviour.

Behaviour Needs

http://www.behaviourneeds.com/
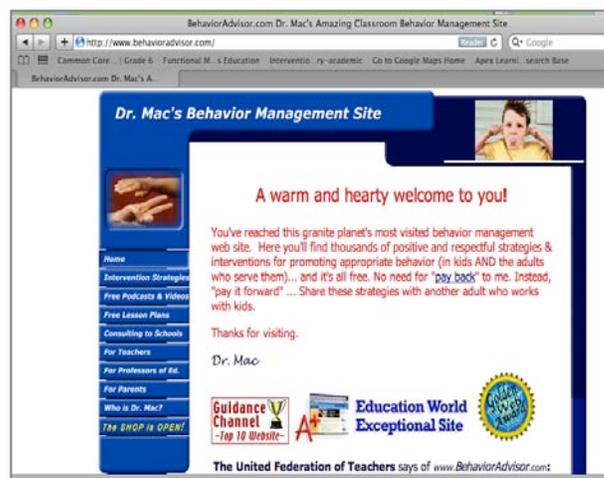
On the *Resources* section of this site you can find articles and powerpoints on a range of behaviour management strategies. There is also a set of colour behaviour road sign posters that can be downloaded free and displayed in the classroom.

Teacher Vision

http://www.teachervision.fen.com/
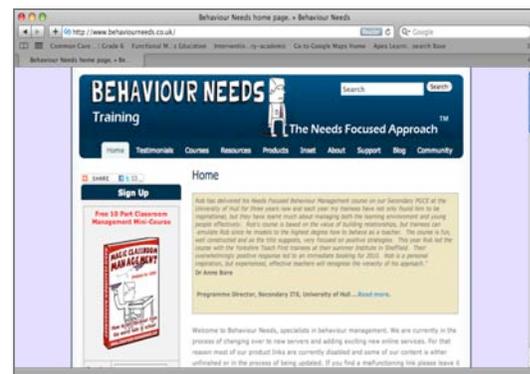
This site has over 20,000 pages of lesson plans and other resources. If you click the *Classroom Management* tab you will find resources on classroom organisation, behaviour management, working with parents, assessment and inclusion The search facility allows you to search by topic. So typing in social skills or rules and routines will bring you to all related resources. You can sign up for a 7-day free trial to access all the materials.
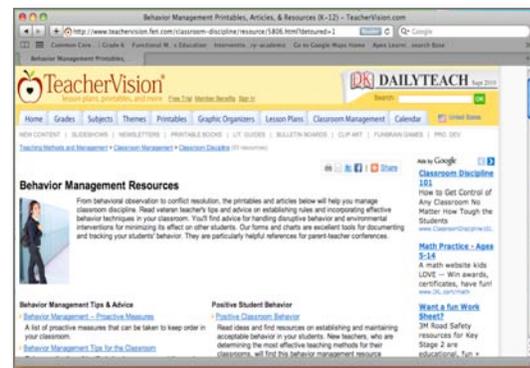
The Educator's Reference Desk

http://www.eduref.org/cgi-bin/print.cgi/Resources/Teaching/Classroom_Management.html

The Educator's Reference Desk contains over 2,000 lesson plans, over 3,000 links to online education information and more than 200 question archive responses. If you use the search facility on the site you will find useful lesson plans and information related to classroom management and behaviour improvement as well as links to numerous other sites.

PBS Teachers
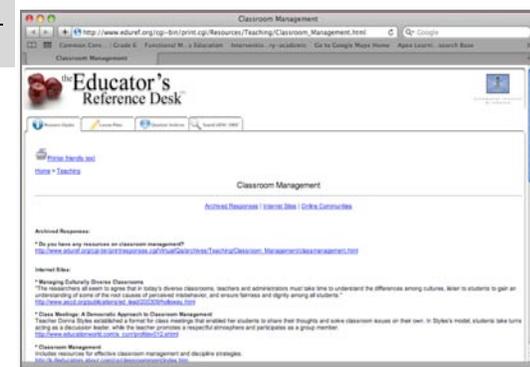
http://www.pbs.org/teachers/

This US site provides educational resources for primary and secondary aged students. You'll find classroom materials suitable for a wide range of subjects and levels, including lesson plans, teaching activities and interactive games and simulations. Using the advanced search facility you can search by topic and grade level as well as by resource type. For example, if you type in social skills you can access lesson plans and other related resources.

Printable Behavior Charts
http://www.freeprintablebehaviorcharts.com/

This site contains numerous charts and forms. You can download in PDF behaviour management charts, behaviour contracts, evaluations, daily charts, anger management charts, as well as print out certificates such as attendance certs and star student certs. There are also general articles on areas related to behaviour management.

Tools for Teachers
http://www.toolsforeducators.com/

On this site you can access forms, certificates and worksheet templates that can be used to support and acknowledge behaviour improvement. The links section also contains other similar sites.

Chart Jungle
http://www.chartjungle.com/

This site offers free printable charts and forms on a variety of topics. If you click on the *Behavior Printables* you can access different types of behaviour charts and forms. There is also an *Education Printables* section that has some forms related to homework.

Geneva Centre for Autism
http://www.elearning.autism.net/visuals/main.php
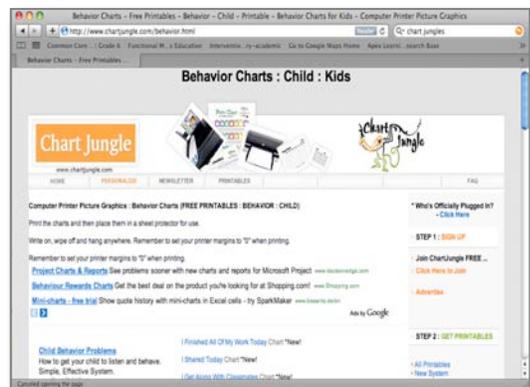
This site, run by Geneva Centre for Autism in Toronto, provides resources to support children, youth and adults with an Autism Spectrum Disorder. On the *Visuals* section of the site you will find visuals to aid in the teaching of social and/or school rules. Some of the visuals could be used as teaching tools and visual reminders with all students, not just students with Autism Spectrum Disorder - for example voice volume meters and organisation charts. For each visual there is also a teaching video showing how it can be used.

School Links

http://www.schoolslinks.co.uk/
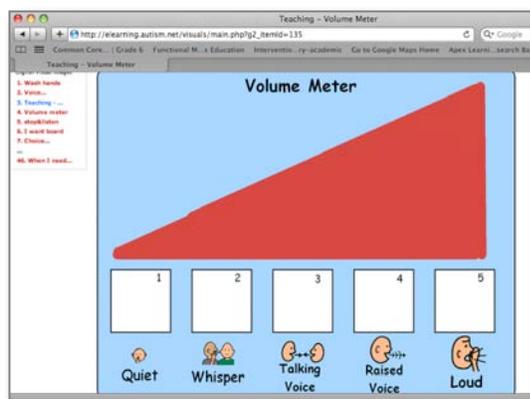
This site, though aimed at primary, contains some useful free teaching resources such as ready-made classroom displays, vocabulary, topic work, certificates and dual language signs. In the classroom display section you can download a variety of posters on class rules and behaviour, some of which are suitable for second level.

Primary Resources UK
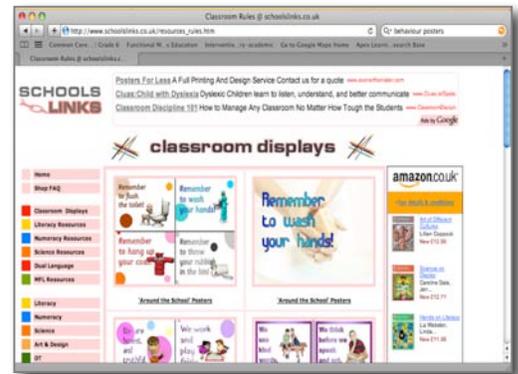
http://www.primaryresources.co.uk/

This site, again aimed at primary, contains useful classroom management resources that could be used or adapted for second level. If you use the search facility and type in 'behaviour' you will find classroom management aids such as powerpoint timers, Noise-O-Meters and traffic light behaviour posters. You can also download behaviour checklists, target sheets and certificates. Many of the downloads are Word docs so they can be edited and adapted to suit older students.

Do 2 Learn

http://www.do2learn.com/

This site offers educational games and learning material targeting specific deficits of individuals with neurological disorders including autism, Asperger Syndrome, OCD, attention disorders, learning and communication disorders. There are activities and worksheets for example on developing organisational skills, social emotional skills and communication skills.

Education World

http://www.educationworld.com/
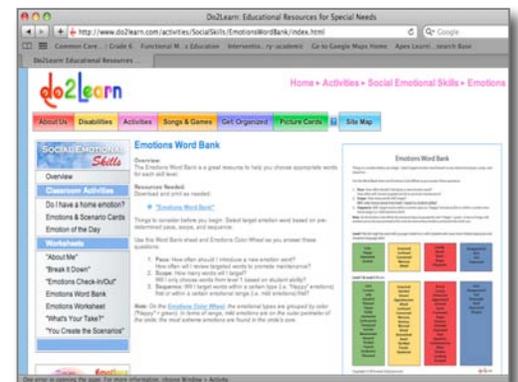
Education World is an online resource that contains lesson plans, practical information, information on how to integrate technology in the classroom and articles written by education experts. If you use the search facility you can locate information, strategy ideas and lesson plans related to topics such as rules and routines or communication skills as well as subject specific material.

Behaviour Online
http://behaviouronline.com/
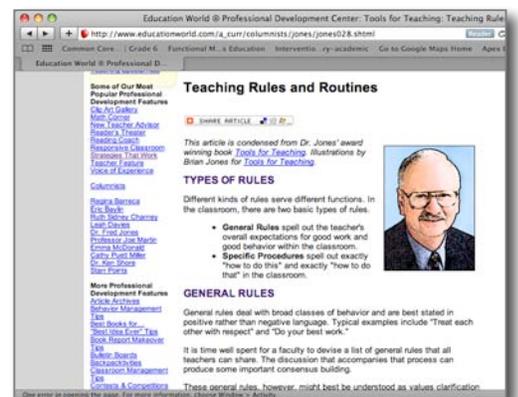
Behaviour Online contains interactive resources, worksheets, video clips and behaviour play scripts on topics such as bringing the correct equipment, lateness, mobile phones and listening to instructions. You can access samples of the resources available on this site. Check out Teachers TV website to see a review of this resource.
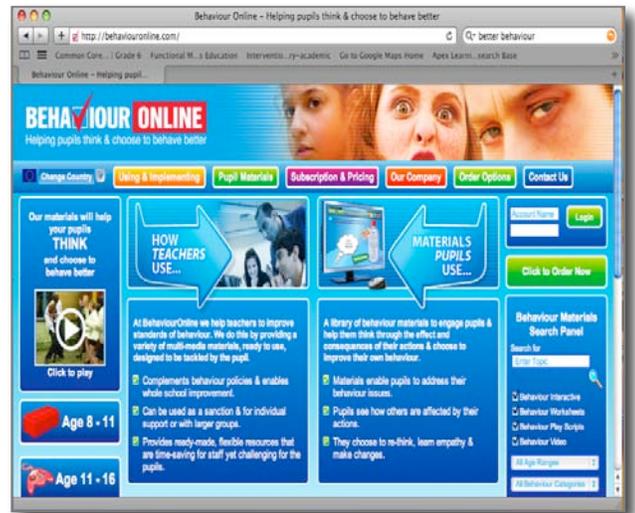
National Education Association (US)
http://www.nea.org/

On the US National Education Association site under the *Tools and Ideas* section you can access lesson plans on a variety of topics and subjects. Also in this section you will find a page called 'Classroom Management' where there are articles, discipline ideas and tips. Other information and resources can be found using the search facility at the top of the home page, where, for example if you type in rules and routines you will find articles, ideas and advice on establishing and teaching rules and routines.
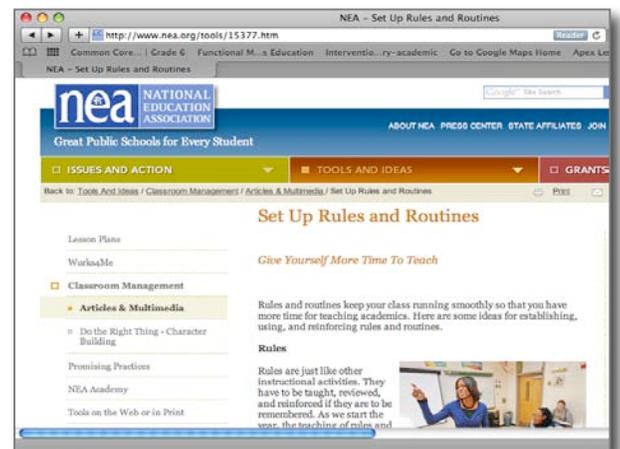
Jefferson County Schools
http://jc-schools.net/

There is a wealth of resources on this site across subject and topic. On the *Teachers* section of the site you can choose from a variety of areas. For example in the *section called Tools,* you can click on *Classroom Management* and link to a variety of sites and resources related to behaviour. In the *Teacher Induction Program (TLP)* section you can download a 49-page booklet that contains useful classroom management strategies and ideas on academic and behavioural interventions, as well as links to other resources and templates.

Learning and Teaching Scotland

http://www.educationscotland.gov.uk/inclusionandequali

This site contains a wealth of information and resources. In the *Supporting Learners* section you will find a page on *Positive Relationships and Behaviour* where you can find information on the Framework for Intervention, Restorative Practices and Solution Oriented Approaches. In the *Resources* section you can download a behaviour toolkit as well as other related materials. The *Supporting Wellbeing* section provides information and resources on all aspects of wellbeing - mental, emotional, social and physical.

All Kind of Minds

http://www.allkindsofminds.org/
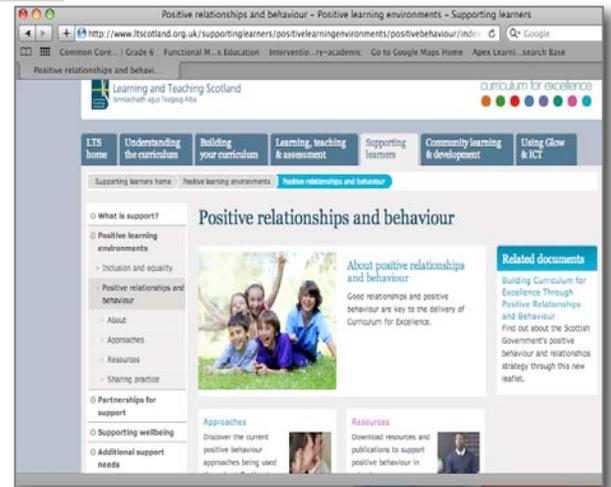
All Kinds of Minds aims to bring together the research from multiple disciplines into a framework to help schools and teachers better understand how students learn and provide strategies and practices that will help students find success, including students who are struggling with learning. On the site you'll find useful activities, articles, podcasts and case studies. There is also a section for parents.

Teachers TV

http://www.prometheanplanet.com/en/prof

Teachers TV is funded by the Department for Education in the UK but is operated by an independent media consortium, Education Digital. On Teachers TV you will find videos, practical tips, lesson ideas and classroom resources. If you click on *Whole School* section you can link to the *Behaviour* page where you will find videos on topics such as off-task behaviour, fighting and attention seeking behaviour, as well as expert advice and recommended viewing. There are also videos where teachers review behaviour management resources and you can also pit your wits against students using the *Interactive Behaviour Challenge* feature on the

UK National Strategies: SEAL

http://webarchive.nationalarchives.gov.uk/20110809101133/http://nsonline.org.uk/node/66385?uc=force_uj
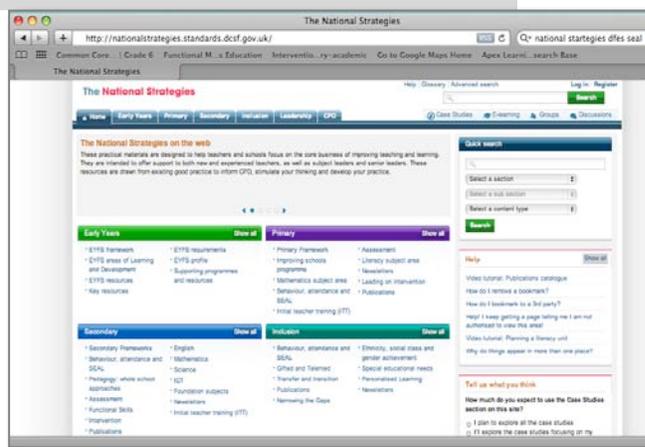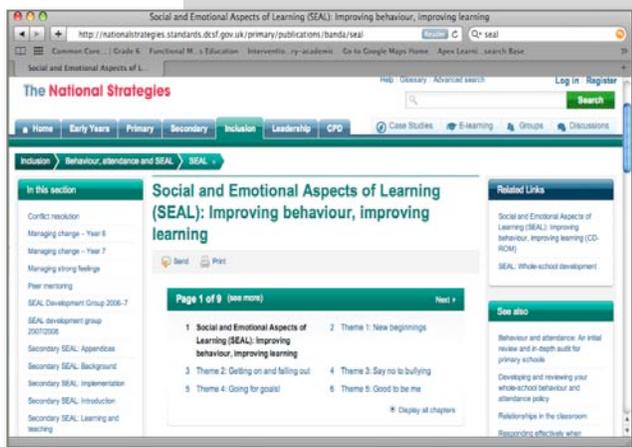
On the UK Department of Education National Strategies site you can access key resources, advice and CPD materials. Under *Behaviour, Attendance and Seal* (Social Emotional Aspects of Learning) at secondary you can view and download curriculum resources and CPD materials, as well as link to other relevant publications. On the *Primary* section you can also access resources related to developing students' social, emotional and behavioural skills. Some of the resources aimed at Year 5/6 could be adapted and used with older students. Also under the *Inclusion* section on the homepage you will find materials to support students at transfer and transition points where progress can be vulnerable.

Collaboration for Academic, Social and Emotional Learning (CASEL)

http://www.casel.org

The Collaboration for Academic, Social and Emotional Learning (Casel) is a US oganisation that works to advance the evidence-based practice of social and emotional learning (SEL). They produce books, articles and briefs that synthesise scientific advances in SEL and explain their implications for practice. On the *Resources* section of the site you will find publications, toolkits and reports related to social and emotional learning. There are also links to other useful websites provided.

VisionWorks for Schools

http://www.vision-works.net/

Visionworks mainly provides programmes on developing emotional intelligence that are for purchase. However, on the *Free Downloadable Resources* section, after you have registered for free, you can access activities and worksheets based on the 5 key domains of emotional intelligence that can be used with students.

National Association of School Psychologists (US)

http://www.nasponline.org/educators/index.aspx
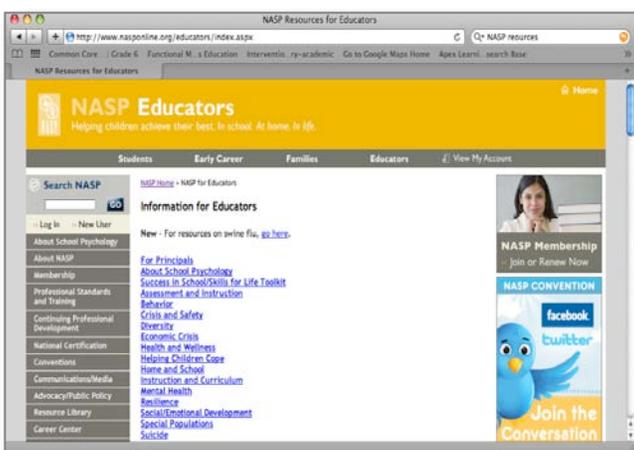
On the *Educators* section of this site you can access information on a wide range of topics. If you register you can also download for free, the *Success In School/Skills for Life Online Resource Kit,* which offers information about children's academic, emotional and social development and mental health. Also included in the kit are handouts on homework and academic focus.

Wellbeing Australia

http://wellbeingaustralia.com.au/wba/

This Australian website is targeted at those interested in developing relational values, social and emotional literacy, restorative practices and social capital. In the search facility if you type in *Programs and Resources* you will link to a page which has a selection of useful programmes, resources and materials for promoting wellbeing. If, for example, you link into the 'Gatehouse Project' you can download a 169-page resource on teaching emotional wellbeing with lesson activities included.
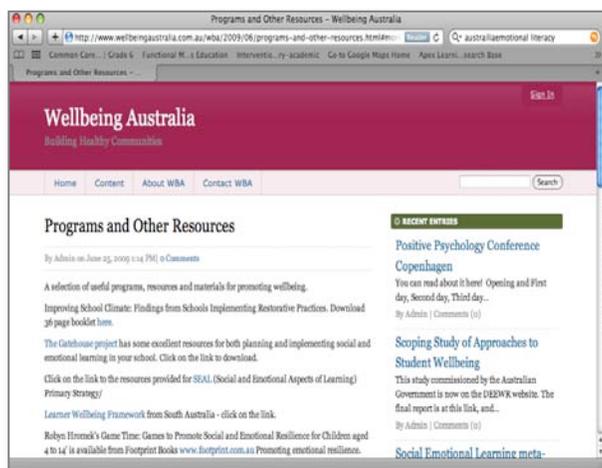
Mind Matters

http://www.mindmatters.edu.au/resources_and_downloads/resources_landing.html

MindMatters is a national mental health initiative for secondary schools in Australia. It provides resources and professional development aimed at promoting and protecting mental health and social and emotional wellbeing. The MindMatters mental health framework is built around four key components and each component is explored through a number of stand-alone online modules covering different topics. These modules include animation, video, interactive tools and downloadable resources and take around one hour to complete. Each module has a facilitator guide and can be explored individually or in a group. You need to register (free) to access the material.

Hands On Scotland

http://www.handsonscotland.co.uk

The HandsOnScotland site gives practical information and tools on responding to troubling behaviours and ways to help children and young people flourish. The site is arranged into two sections - the *Troubling Behaviours* section and the *Flourishing* section. Many topics have useful video clips of specialist workers speaking about a particular topic and in the *Techniques* section you can view clips on using many different techniques, including solution-focused questioning.
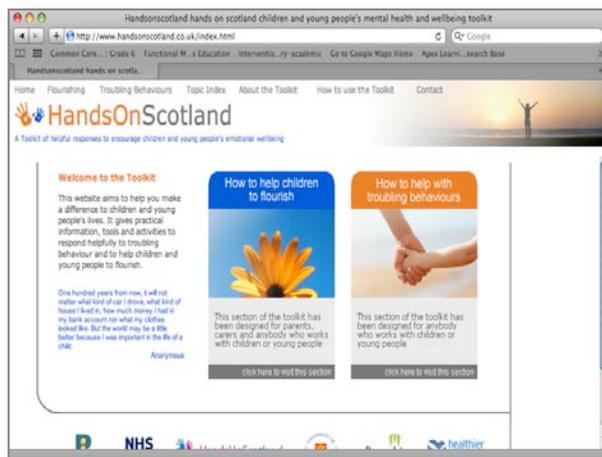
Social Skills for Middle School Students

http://www.cccoe.net/social/skillslist.htm

On this site you can access a range of lesson plans related to various social skills such as introducing yourself, accepting compliments, setting goals and asking questions. Though not very detailed, each lesson plan contains a rubric or assessment/evaluation tool that can be useful in breaking down goals for students into achievable, concrete steps.

Teach Social Skills
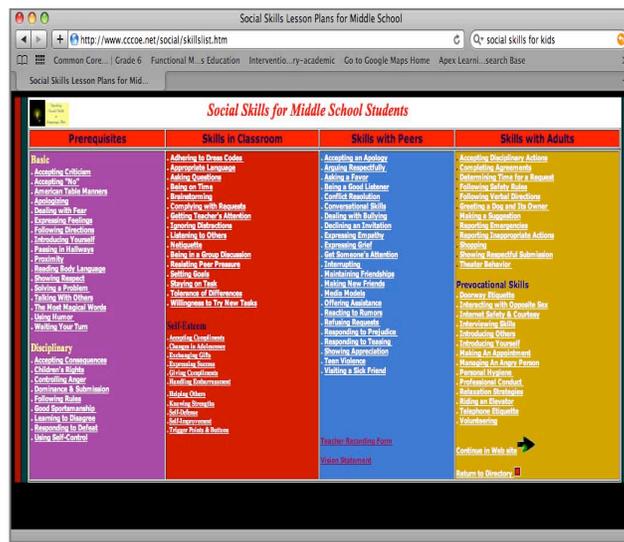
http://www.pbisworld.com/tier-1/teach-social-skills/

On this site you can access a range of lesson plans related to various social skills that can be used with class groups and individual students. This site contains many intervention resources that can be used school-wide, with targeted groups or for intensive individualised support.

Centre for Confidence and Well-Being

http://www.centreforconfidence.co.uk/

The Centre for Confidence and Well-being in Scotland was established to advance the education of the public in relation to cognitive processes and techniques to enhance problem solving and increase confidence, optimism, life-satisfaction and happiness. On the site you will find useful information and ideas on motivation, well-being and optimism as well as other topics and resources.

Depression in Teenagers

http://www.depressioninteenagers.com/

This website, created by psychologists and a psychiatrist, deals with the subject of depression in young people and provides information on the symptoms of depression, how to deal with depression as well as useful links and resources. The interactive website is designed around a park theme with a different topic in each section.

Smiling Mind

http://smilingmind.com.au/

Smiling Mind is a web and App-based programme developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programmes. Smiling Mind is a free tool.

LD Online
http://www.ldonline.org/
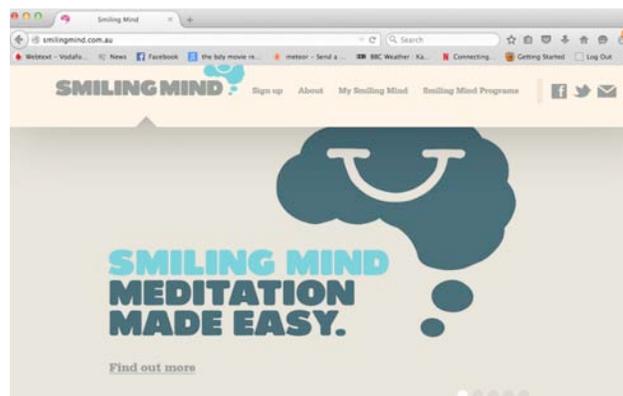
LD Online provides a wealth of information about learning disabilities and ADHD. The site features hundreds of helpful articles, multimedia, monthly columns by experts, a resource guide and very active forums. The site also offers information and resources on the transitions from school to college

ADDitude
http://www.additudemag.com/

This site provides information on ADHD and learning difficulties. You will find information on behaviour and discipline strategies, as well as education and learning resources. There is also a useful *Parent* section on the site.

ADDERS
http://www.adders.org/

This site contains information, research and resources on ADHD. The *Resources* section provides many free downloadable educational games that are worth checking out, as well as other useful materials.
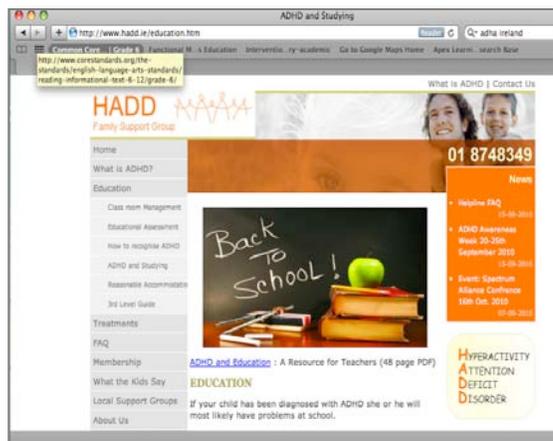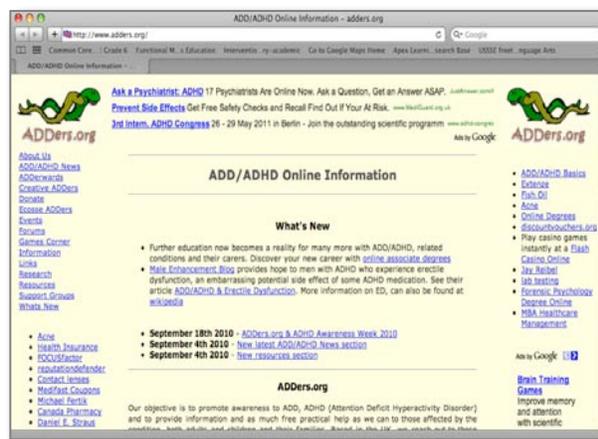
HADD
http://www.hadd.ie/

HADD is an Irish organisation that provides information, resources and networking opportunities to parents of children with Attention Deficit / Hyperactivity Disorder and the professionals who work with children with ADHD. On the *Education* section of the site you will find classroom management strategies as well as a downloadable 48-page resource for teachers on ADHD.

INCADDS
http://www.incadds.ie/

The Irish National Council of AD/HD Support Groups is an umbrella organisation for the AD/HD support groups active throughout the country. The support groups operate at a local level and provide services such as information, advice and emotional support to families of children with ADHD. On the site there is a *Tip for Teachers* and *Tips for Parents* section.

# Dyspraxia Association of Ireland
http://www.dyspraxiaireland.com/
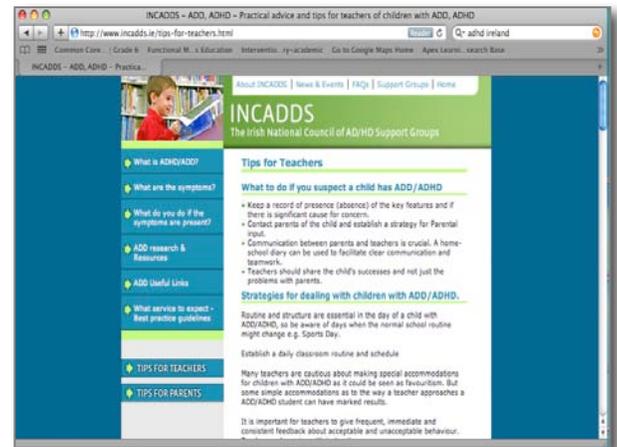
On the *Education* section of the Dyspraxia Association of Ireland website you will find tips for teachers, a downloadable classroom guidelines pdf and accompanying powerpoint, as well as links to free typing programmes and free text to speak readers.

Dyspraxia/DCD Association Cork
http://www.dyspraxiadcdcork.ie/

On the website of the Dyspraxia/DCD Association, which is based in Cork, you will find an 18 page downloadable resource called *Tips for Teens and Teachers* that contains useful information and advice. There is a useful *Tips for Parents* resource that can also be downloaded. The *Links* section will bring you to other organisations and sites related to dyspraxia/DCD.

The Dyslexia Association of Ireland
http://www.dyslexia.ie/
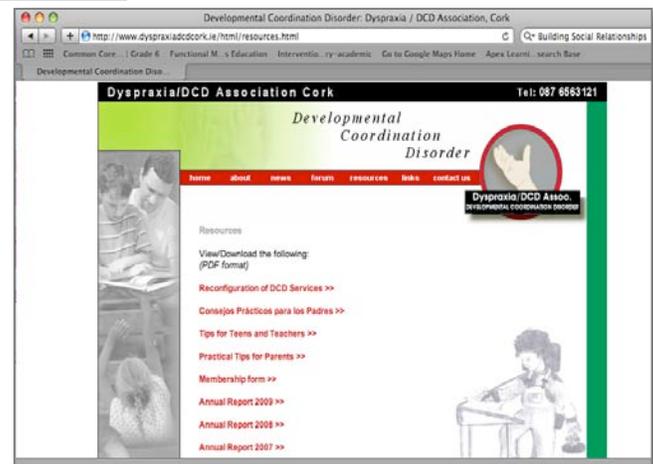
The Dyslexia Association of Ireland (DAI) is a voluntary organisation that aims to promote awareness of Specific Learning Disability (SLD /Dyslexia) and to serve the needs of people with this difficulty.It provides a free information service to the public. Services offered include: psycho-educational assessment of children and adults, group and individual specialised tuition, teachers' courses, summer schools, speakers for schools and parents groups. The site contains a large range of information and suggested resources.

Dyslexia Teacher
http://www.dyslexia-teacher.co.uk/

This Dyslexia Teacher site contains a large range of resources, research, advice and general information targeted at schools, parents, and college students. There is also a very useful online magazine that contains a wealth of information and ideas, as well as links to other sites.

SEN Teacher
http://www.senteacher.org/
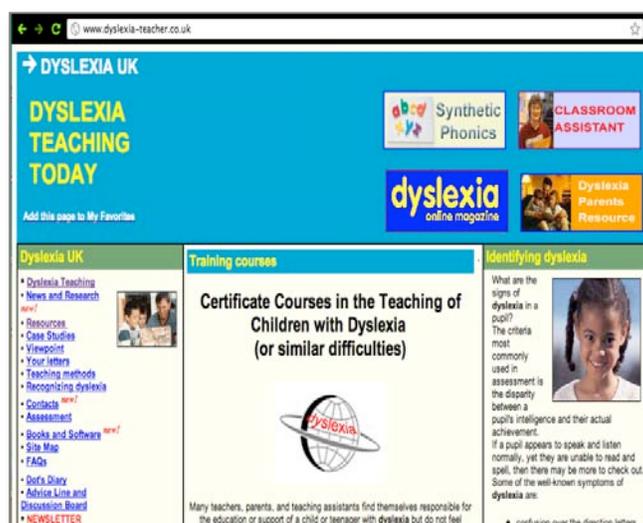
SEN Teacher provides cost-free teaching and learning resources for students with special needs. The *Maths Printables* section has a selection of free worksheets, cards and maths manipulatives. The *Literacy Printables* section has handouts and teaching aids which suppport reading and writing. In the *Other Printables* section you will find resources such as Feeling Bubbles, Expression Cards and Behaviour Charts. There is a wealth of materials to download on this site.

Bullying. No Way!
http://www.bullyingnoway.com.au/

Bullying. No Way! is an Australian website that contains information, ideas and resources on a range of issues related to the creation of learning environments that are free from bullying, violence, harassment and discrimination. There is section for teachers and parents as well as a students section.

Teens Against Bullying
www.PACERTeensAgainstBullying.org

Teens Against Bullying is a US website that contains educational resources for bullying prevention designed to engage, empower and educate teenagers. Information is presented in an interactive style. The site also contains links to other good sources of information

Digizen
http://www.digizen.org/
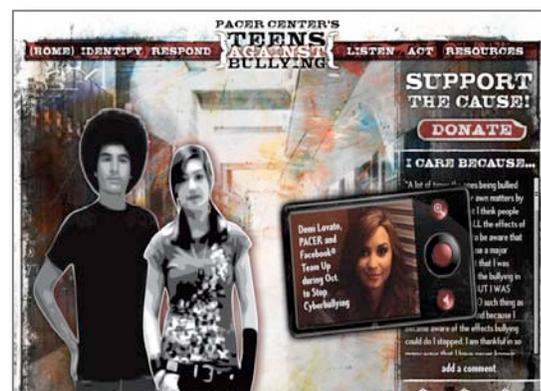
The UK Digizen website provides information for educators, parents, carers and young people on what digital citizenship is and encourages users of technology to be and become responsible DIGItal citiZENS. It shares specific advice and resources on issues such as social networking and cyberbullying. There are many useful resources, games, ideas and links on this site.

The Office for Internet Safety
http://www.internetsafety.ie/

The Office for Internet Safety was established by the Government to take a lead responsibility for internet safety in Ireland, particularly as it relates to children. In the Publications section of this site you can access and download the *Get With It* series that includes a booklet for parents on cyberbullying, as well as links to other Irish sites that contain resources and information for parents and schools on this topic, e.g. Webwise.
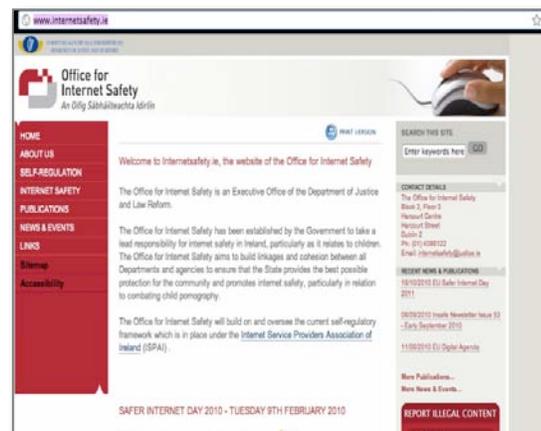
Other NBSS Social, Emotional and Behavioural Support Resources

The following are some of the resources that have been developed to support NBSS work with schools in addressing students' social, emotional, academic and behavioural needs at Level 1: whole school, Level 2: targeted intervention and Level 3: intensive individualised support.

### Learning Environmental Checklist

The Learning Environmental Checklist is designed to help teachers identify the areas within the school environment where behaviour may be causing concern. It covers a range of factors that may be influencing students' behaviour including whole school policies, physical environment, classroom organisation and individual teaching and learning approaches and strategies.
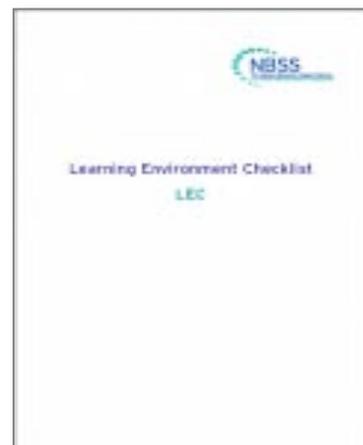
Positive Behaviour Management and Behaviour for Learning Skills Development: Resource Information

This booklet briefly describes books, resources and programmes that are available and can support and inform the development of behaviour for learning skills, proactive and positive approaches to classroom management, as well as whole school strategies that promote positive behaviour to enrich learning and teaching.
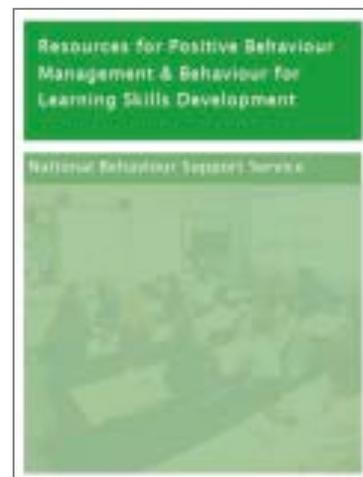
Social and Emotional Literacy Programmes and Resource Information

Over the last number of years teachers and NBSS personnel have used different programmes and resources to support students' social and emotional literacy skills development. This booklet briefly describes the programmes and resources that have been used in schools or that are considered a useful reference point when developing social and emotional literacy skills with individual students, small groups of students or with class and year groups

Social, Emotional and Behavioural Skills Development:

Useful Websites

National Behaviour Support Service

National Behaviour Support Service (NBSS)
Navan Education Centre
Athlumney
Navan
Co. Meath
Telephone: +353 46 909 3355