

How Everyday Speech Aligns to New York’s Benchmarks



Meeting **New York’s Social-Emotional Learning (SEL) Benchmarks** is essential for equipping students with the skills they need to thrive, both in the classroom and in life. But finding resources that align with these benchmarks and effectively support diverse learners can feel overwhelming.

That’s where **Everyday Speech** comes in. Our **evidence-based** curriculum simplifies the process, providing educators with a **ready-to-use** curriculum that’s aligned with New York’s SEL Benchmarks.

In this document, we’ll explore how Everyday Speech supports educators by breaking down the key components of the New York SEL Benchmarks and showcasing how our curriculum makes it easier to meet these goals.

What is Everyday Speech?

Everyday Speech is a comprehensive, **no-prep digital curriculum** designed to make it easier and faster to teach social, behavioral, and communication skills.

Our curriculum combines evidence-based video modeling, interactive web games, and printable worksheets to support diverse learners at every tier.



Why do Student Support Teams Choose Everyday Speech?

You have to juggle **a lot**:

- **Big caseloads:** Managing unique needs across multiple students or groups.
- **Limited time:** Finding or creating high-quality resources.
- **Engagement challenges:** Ensuring materials resonate with every learner.

Everyday Speech provides practical solutions to these challenges with tools designed to **simplify your work and support student success.**

We help you

- **Promote** the acquisition and generalization of social skills.
- **Build** shared language and strategies across teams.
- **Track** IEP progress efficiently.

With thousands of regularly updated resources, Everyday Speech ensures you have the tools to meet the needs of all learners, from Pre-K to high school.



What are the New York SEL Benchmarks?

The New York State Social-Emotional Learning (SEL) Benchmarks are designed to **foster essential skills for lifelong success.** These benchmarks emphasize the development of competencies that support students in managing emotions, building relationships, and making intentional decisions.

By focusing on these areas, New York aims to cultivate socially and emotionally intelligent individuals who can thrive in school and beyond.

Competency 1: Self-Awareness

Helping students **recognize their own emotions**, thoughts, and values, and how they influence behavior.

Competency 2: Social Awareness

Teaching students to **empathize with others**, including those from diverse backgrounds, and understand social and ethical norms for behavior.



Competency 3: Responsible Decision-Making

Encouraging students to make **thoughtful, respectful, and constructive choices** about personal and social behavior.

Competency 4: Self-Management

Enabling students to **regulate emotions, thoughts, and behaviors** effectively in different situations.

Competency 5: Relationship Skills

Equipping students with the ability to **establish and maintain healthy and rewarding relationships**.

Examples of Video Modeling Lessons That Align with NY SEL Benchmarks

Our video modeling lessons help students develop important competencies that span all of New York State's SEL benchmarks. Together, the lessons promote learning about how self-talk influences their mindset and actions, how to consider others' thoughts and feelings to improve communication, and how to think critically by asking questions, seeking growth, and keeping an open mind. Together, these skills help students navigate social interactions, problem-solve effectively, and build resilience.

Kindergarten & Elementary - [Using Self-Talk](#)

▶ NY Benchmark: **Self-Management**

This lesson teaches kindergarten and elementary students about self-talk, which is what we say to ourselves. Self-talk can help us out, or set us back, and we can take control of it if we work at it.



How Everyday Speech Aligns to New York SEL Benchmarks

Everyday Speech's curriculum is a **structured, research-backed curriculum**, designed to align with New York state's SEL Benchmarks, making it easier than ever for educators to meet these requirements.

The curriculum features video modeling lessons and interactive web games for all of New York's SEL Benchmarks. Each unit contains a warmup mindfulness video, a video modeling lesson, and materials to extend learning through discussion or reflection, making it fully ready-to-teach for teachers and specialists. Educators also have access to progress monitoring and data collection tools to track student growth and ensure learners are developing and demonstrating these essential competencies.

Here are some examples of video modeling lessons, games, and progress monitoring tools that span different grade levels and address the New York State SEL Benchmarks of self-awareness, social awareness, and responsible decision-making.



Middle School - [Perspectives All Around](#)

▶ NY Benchmark: **Social Awareness**

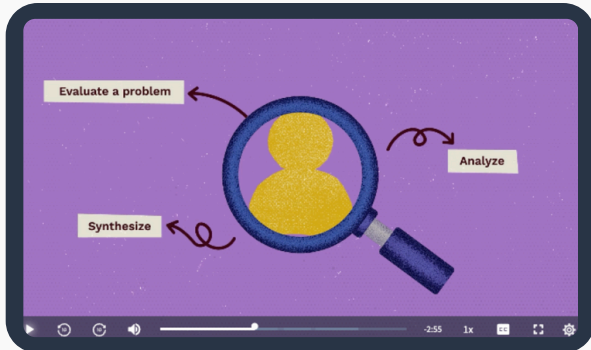
This lesson teaches middle school students to practice perspective-taking by considering others' thoughts and feelings, evaluating their assumptions, and reflecting on new insights to enhance understanding and communication.



High School - [Critical Thinking & Leadership](#)

▶ NY Benchmark: [Responsible Decision-Making](#)

This lesson teaches high school students about strengthening critical thinking by asking questions, using perspective-taking skills, seeking growth opportunities, and maintaining an open mind.



Examples of [Interactive Web Games](#) That Align with NY SEL Benchmarks

These examples of interactive web games help students develop essential SEL competencies and problem-solving skills in an engaging way. Students test their social knowledge, practice emotional recognition, and strengthen executive function and conversation skills through teamwork and time-based challenges.

[Problem-Solving Quiz Show](#)

▶ NY Benchmark: [Responsible Decision-Making](#)

This game puts students' social skills knowledge to the test using interactive questions and answers. Students have multiple opportunities to answer a variety of question types, including video, visual, open-ended, and multiple choice. This game helps students strengthen skills related to problem-solving steps.

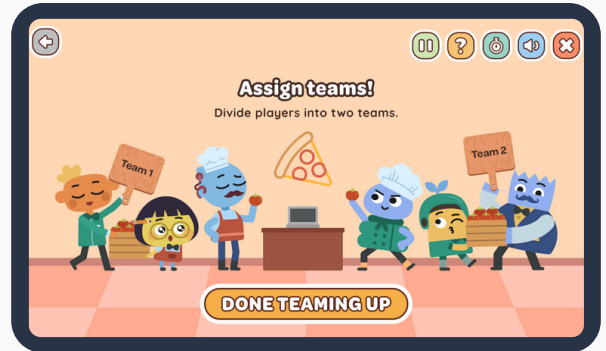


[Play it online with your students here](#)

[Operation Pizza](#)

▶ NY Benchmark: [Self-Management, Relationship Skills, Responsible Decision-Making](#)

Through the creation and delivery of pizzas, students race against the clock and work together to apply their conversation skills and knowledge. This game can be used to strengthen skills related to executive function, starting conversations, and staying calm.



[Play it online with your students here](#)

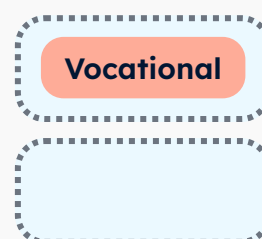
Examples of [Data Tracking Tools](#) that Align With Progress Monitoring Requirements of New York State's SEL Benchmarks

Our progress monitoring tools allow educators to **measure and document student growth**, empowering educators to support young people by monitoring their growth in their personal, academic, career, or work-related goals.

Everyday Speech offers the following [data tracking solutions](#):

[Customizable IEP Goal Bank](#)

The [Goal Bank](#) is a collection of goals written by our team of in-house clinicians, and each goal aligns with a skill that is featured in the Everyday Speech curriculum. Educators can customize goals that best fit each of their students' needs.



[Problem-Solving](#)

[Emotional Recognition](#)

[Self-Regulation](#)



Data Tracking Tools for Pre and Post-Assessments

The Everyday Speech curriculum includes robust data tracking tools to monitor student progress through **pre- and post-assessments, data tracking sheets, and observational checklists** that are aligned with established Learning Standards. These tools can be used at the start of the school year or before small group or individual sessions to establish a baseline. Throughout the year, educators can collect intervention data and conduct post-assessments at least twice to measure growth.

The results offer clear insights into student progress, highlighting strengths and pinpointing areas for improvement. This information empowers educators to tailor instruction and ensure students receive the targeted support they need to thrive.



Conclusion

Meeting New York's SEL Benchmarks doesn't have to be overwhelming. Everyday Speech provides educators with a structured, research-backed curriculum designed to seamlessly align with these benchmarks.

With engaging video modeling lessons, interactive games, and progress monitoring tools, our curriculum helps students build essential social-emotional skills while giving educators the resources they need to track progress and support diverse learners.

By equipping schools with no-prep curriculum materials, Everyday Speech makes it easier than ever to foster self-awareness, social awareness, and responsible decision-making in students from Pre-K through high school.

Everyday Speech
Informal Assessment
Skill: Problem Solving
Goal: Solving a Problem

Student Name: _____ Age: _____ IEP Date: _____

SKILL: Problem Solving
GOAL: Given scenarios of social conflicts, learner will demonstrate problem-solving skills by identifying the problem and generating at least two solutions appropriate for the situation in 4 out of 5 trials independently/given X prompt(s) across 3 consecutive sessions.

This informal tool aims to collect measurable data and track progress over time. Take **Pre-Assessment data** at the beginning of the school year or therapy sessions in the "pre" data row. Take **Post-Assessment data** at least two more times over the course of the year. The results of this assessment can be used to report growth, strengths, and weaknesses. Goals and objectives align to Everyday Speech therapy materials and therefore may be useful to record and measure progress while using these tools.

Date	Session Plan	Notes and Data
Pre-Assessment		% Independent:

