

SEL (Social- Emotional Learning) is the new Smart



What?

Self-Awareness – Recognize/name thoughts/emotions

Self-Management – Ability to control your emotions, thoughts and behaviors in different situations.

Social Awareness – Empathy.

Relationship skills- Ability to establish and keep positive personal relationships

Responsible Decision-Making –Making good choices.

Why?

Better academic performance: achievement scores an average of 11 percentile points higher than students who did not receive SEL instruction;

Improved attitudes and behaviors: greater motivation to learn, deeper commitment to school, increased time devoted to schoolwork, and better classroom behavior;

Fewer negative behaviors: easier classroom management

Reduced emotional distress: fewer reports of student depression, anxiety, stress, and social withdrawal.

It's Primary Prevention – If you manage your behavior and emotions, have respect for others, and make good choices, you aren't as likely to break touching rules.

How?

We support SEL in our Curriculum–

Self-Awareness by naming and modeling emotions (Feltly is sad)

Self-Management –by naming and respecting boundaries (bubble)

Positive relationships by encouraging kids to name trusted adults.

Decision-making – modeling saying no to peer pressure to play explorers.

Social Awareness – Recognizing Felties being uncomfortable, Buddy helping Playful

Let's practice some SEL skills



Collaborative for Academic, Social, and Emotional Learning