

WHAT IS SEL?

Social-Emotional Learning

SEL, or social-emotional learning, is the process through which individuals of all ages develop their identity, learn how to manage their emotions, build positive relationships with others, and make responsible, healthy decisions.



SEL isn't about finding the one magical strategy that works every time. It's about identifying potential strategies and knowing when and how to use them.

Key Skills of SEL



Self-Awareness

Understanding yourself, and your emotions, strengths, and areas for growth.



Self-Regulation

Managing your emotions, thoughts, and behaviors in different situations.



Social Awareness

Understanding the feelings and perspectives of others, and showing empathy.



Relationship Skills

Forming and maintaining healthy relationships.



Responsible Decision-Making

Making choices that are respectful and consider ethical standards and safety concerns.

Benefits of SEL

- Improved academic achievement
- Less emotional stress
- Better coping skills
- Feelings of safety and support
- More likely to reach milestones
- Improved mental health
- Improved relationships
- Promotes Future readiness

Strategies for Caregivers

- Actively listening and allowing children to express their emotions
- Modeling how to talk about and manage emotions
- Problem-solving opportunities
- Creating safe environments
- Reading together
- Volunteering in the community
- Setting Clear Boundaries and Expectations
- Praising and encouraging effort

