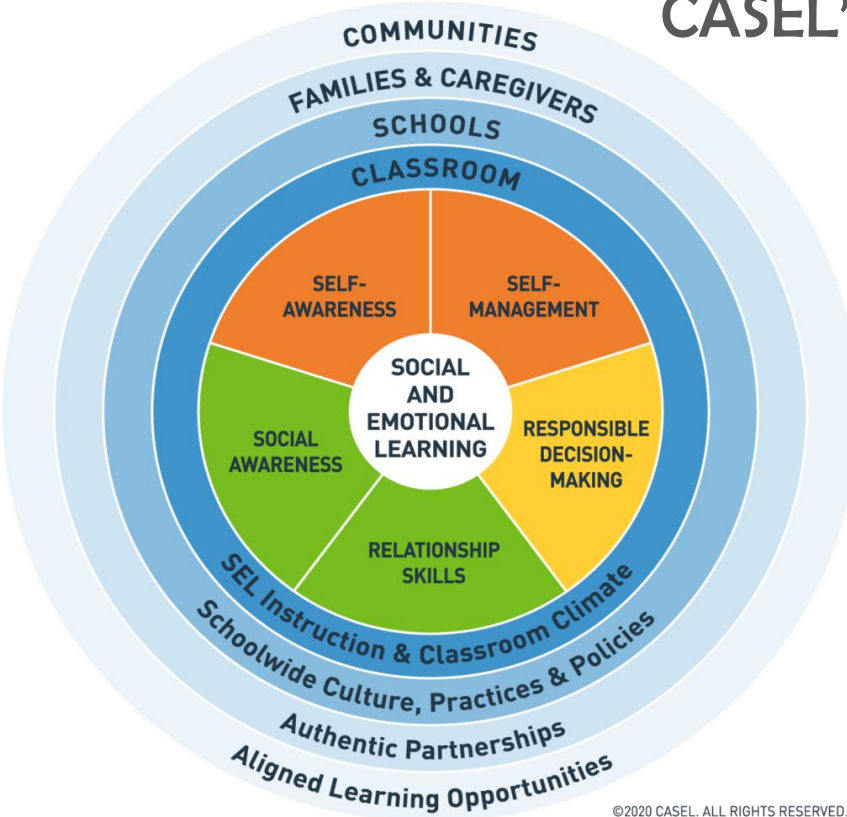




SOCIAL EMOTIONAL LEARNING

- Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (CASEL, 2020).
- Studies show SEL impacts:
 - 11% gain in academic achievement
 - Significant reduction in conduct problems, emotional distress, and drug use (Child Development, 2011)

CASEL'S SEL FRAMEWORK



SEL Integrated with Academic Instruction – SEL competencies serve as a foundation of achieving academic goals, while academic instruction also provides a ripe opportunity for teaching and practicing SEL ([Students](#) / [Families](#) / [Adults](#)).

Self-Awareness – recognizing one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations with well-grounded sense of confidence, optimism, and a "growth mindset". – "I know who I am."

Self-Management – successfully regulate one's emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself to work toward personal and academic goals. – "I take care of myself."

Responsible Decision-Making – the ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences and of various actions, and a consideration of the well-being of oneself and others. – "I am a problem solver."

Relationship Skills – the ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed. – "I am a good friend."

Social Awareness – the ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports. – "I care about others."
(CASEL, 2017)

Resources for Integrating SEL into Classrooms

Resource	Description	Grade Level	Educator	Family
The Character Effect Videos	SEL videos and strategies for elementary	PK-5	X	
Dear Abby: An SEL Practice	Students imagine difficult situations and talk about strategies for making responsible, ethical, and healthy choices	3-8	X	
SEL Activities Workbook	Activities for each of the five SEL competencies	K-12	X	
5 Ways to Incorporate SEL – Edutopia	SEL article and strategies for middle school	6-8	X	
Self-Care in Middle School	Middle school students talk about their stresses in their lives and how they practice self-care	6-8	X	
SEL Guidebook	Strategies for classrooms offering practices as well as specific instructional interventions	9-12	X	
SEL in High School ELA Instruction - CASEL	Examples of SEL in high school	9-12	X	
Greater Good in Education	Prosocial strategies and related practices by academic instruction content	K-12	X	
12 Fun Ways to Build SEL Skills – We Are Teachers	Activities for relationship building with social emotional learning skills	PK-12	X	
SEL Activities – Prodigy	Tools students need to deal with challenging situations, cope with new environments and develop a growth mindset	PK-12	X	
Practical Things Families Can Do – We Are Teachers	Practical activities that support SEL at home	PK-12		X
Explore Feelings – PBS	Fun and easy ideas for helping students flex their emotional intelligence muscles	PK-12	X	X
5 SEL games to play with your child	SEL activities that can help students manage emotions and work on social skills	PK-12		X

SEL Data

- 27% more students improve their academic performance
- 57% gain in their SEL skills
- 24% improve their social behaviors and lower levels of distress
- 23% improve attitudes
- 22% decrease conduct problems

Social and emotional learning can improve positive attitudes towards self and others and increase students' academic performance by 11 percentile points. (Durak et al., 2011)

School Highlights

Meet Walter. Walter introduced mindfulness to Mrs. Bogart's 4th grade class at Pleasant Grove Elementary.

Click on the picture to see more about Walter and more Social Emotional Learning examples within our district.

