



SEL

SOCIAL-EMOTIONAL LEARNING



WHAT IS SOCIAL-EMOTIONAL LEARNING?

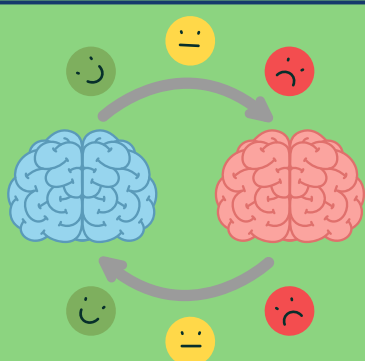
Social-Emotional Learning (SEL) is a teaching style that supports learning by giving students the empathy and self-awareness to be conscious of others. The goal of SEL is to create positive changes in a student's relationships and mental health.

Students participating in SEL programs showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school.

Durlak et al., 2011

SEL participants showed an 11 percentile gain in their academic performance compared to students who did not participate.

Durlak et al., 2011



The goal of Social-Emotional Learning is to develop empathy, set and work towards positive goals and maintain and properly manage relationships.

THE BENEFITS OF USING SOCIAL-EMOTIONAL LEARNING



- Social awareness
- Relationship skills
- Responsible decision making
- Critical thinking
- Emotion management
- Conflict resolution
- Teamwork abilities



THE FIVE PILLARS OF SEL

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

EMOTIONAL RULER

An emotional ruler is a tool used to teach youth emotional intelligence. The tool trains students, parents, and staff to manage a full range of feelings and to them to make informed decisions on how their reactions will impact others.

- Recognizing
- Understanding
- Labeling
- Expressing
- Regulating Emotions



SUPPORTING SEL AT HOME

You can help children prepare for the real world by using the emotional ruler. It is also important to practice feeling words and emotional intelligence.

SUPPORT STUDENTS IN YOUR DISTRICT

Collaborate with the educators in your school and ask them how they support SEL. Speak with your student's teacher to ensure SEL and emotional intelligence is being promoted. Invite your school leaders to speak in favor of SEL at the BOE meetings! Bring evidence at school board meetings and rally others who support this cause! Learn more from LISSA here:

