

International SEL DAY

March 26, 2021

What is "SEL"?



When you hear people say "SEL", they are referring to Social & Emotional Learning. SEL is a broad term that encompasses all the skills and knowledge that people (not just children!) need to successfully manage feelings, emotions, relationships, and decision making. Competency in these skills puts students in a position for better learning and more success. Think of SEL as the "Basic Skills of Life"

Is it new?



The concept of social and emotional learning is not new. The phrase, and efforts to promote SEL in schools has gained popularity in recent years as research shows us that mental health challenges among the PK-12 population are rising. Educators are being called upon more than ever to play a role in restructuring instructional mindsets and pedagogy to incorporate SEL.

Strong social and emotional learning skills prepare students for our global society. Those who are successful in self management, relationship skills, and decision making are better able to learn. Children *and* adults both benefit from social emotional learning experiences. Engagement in social and emotional learning improves mental wellness, which is a critical component to school success and becoming productive members of society.

Why is SEL important?



While some school districts choose to incorporate stand alone SEL curriculum, it is important to note that SEL does not need to be taught in isolation. In fact, "teachable moments" can be the perfect time for children to experience a lesson in SEL skills. The following list of SEL skills is just a short list of what can be easily embedded into morning meetings, center work, whole group lessons, recess, story time, sports, history lessons, and more!

- Self Management
- Organization
- Goal Setting
- Communicating Effectively
- Leadership
- Cultural Competency
- Empathy
- Compassion

Is SEL "extra work"?!?

