

SOCIOEMOTIONAL LEARNING

Research shows that SEL not only improves achievement by an average of 11 percentile points, but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students (Durlak et al., 2011).



ASPECTS OF SEL

SELF-AWARENESS: INVOLVES UNDERSTANDING ONE'S OWN EMOTIONS, PERSONAL GOALS, AND VALUES.

SELF-MANAGEMENT: REQUIRES SKILLS AND ATTITUDES THAT FACILITATE THE ABILITY TO REGULATE ONE'S OWN EMOTIONS AND BEHAVIORS.

SOCIAL AWARENESS: INVOLVES THE ABILITY TO UNDERSTAND, EMPATHIZE, AND FEEL COMPASSION FOR THOSE WITH DIFFERENT BACKGROUNDS OR CULTURES.

RELATIONSHIP SKILLS: HELP STUDENTS ESTABLISH AND MAINTAIN HEALTHY AND REWARDING RELATIONSHIPS, AND TO ACT IN ACCORDANCE WITH SOCIAL NORMS.

RESPONSIBLE DECISION MAKING: INVOLVES LEARNING HOW TO MAKE CONSTRUCTIVE CHOICES ABOUT PERSONAL BEHAVIOR AND SOCIAL INTERACTIONS ACROSS DIVERSE SETTINGS.

RESOURCES FOR EDUCATORS:

- [HTTPS://WWW.CENTERVENTION.COM/SOCIAL-EMOTIONAL-LEARNING-ACTIVITIES/](https://www.centerintervention.com/social-emotional-learning-activities/)
- [HTTPS://WWW.CENTERVENTION.COM/HALL-OF-HEROES/](https://www.centerintervention.com/hall-of-heroes/)
- [HTTPS://WWW.EELEMENTS.COM/HUBFS/SEL%20IN%20VIRTUAL%20SETTING/SEL%20STRATEGIES%20IN%20VIRTUAL%20SETTING%204-6-20.PDF](https://www.elelements.com/hubfs/SEL%20IN%20VIRTUAL%20SETTING/SEL%20STRATEGIES%20IN%20VIRTUAL%20SETTING%204-6-20.PDF) GRADES K-12
- [HTTPS://WWW.THEPATHWAY2SUCCESS.COM/25-WAYS-TO-INTEGRATE-SOCIAL-EMOTIONAL-LEARNING/](https://www.thepathway2success.com/25-ways-to-integrate-social-emotional-learning/)
- [HTTPS://WWW.K12.WA.US/SITES/DEFAULT/FILES/PUBLIC/STUDENTSUPPORT/SEL/PUBDOCS/SEL%20PARENT%20AND%20EDUCATOR%20ACTIVITIES.PDF](https://www.k12.wa.us/sites/default/files/public/studentsupport/SEL/PUBDOCS/SEL%20PARENT%20AND%20EDUCATOR%20ACTIVITIES.PDF)
- [HTTPS://WWW.COMMONSENSE.ORG/EDUCATION/TOOLKIT/SOCIAL-EMOTIONAL-LEARNING](https://www.common sense.org/education/toolkit/social-emotional-learning)
- [HTTPS://WWW.CFCHILDREN.ORG/RESOURCES/FREE-CLASSROOM-ACTIVITIES/](https://www.cfchildren.org/resources/free-classroom-activities/)

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RESOURCES FOR FAMILIES:

- [HTTPS://GROWNUPS.GONOODLE.COM/](https://grownups.gonoodle.com/)
- [HTTPS://WWW.PBS.ORG/VIDEO/ADVENTURES-LEARNING-EXPLORING-FEELINGS/](https://www.pbs.org/video/adventures-learning-exploring-feelings/)
- [HTTPS://WWW.UNDERSTOOD.ORG/EN/SCHOOL-LEARNING/LEARNING-AT-HOME/GAMES-SKILLBUILDERS/SOCIAL-EMOTIONAL-ACTIVITIES-FOR-CHILDREN](https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children)
- [HTTPS://GCSNCCOM-MY.SHAREPOINT.COM/:W:/G/PERSONAL/ROGOWSS_GCSNC_COM/ET5YV108G5POSGJV9OY9KSUBB8KT-NOQBAAM2ACTAPIWZA?RTIME=E8RZZY2W2EG](https://gcsnccom-my.sharepoint.com/:w:/g/personal/rogowss_gcsnc_com/et5yv108g5posgJV9OY9KSUBB8KT-NOQBAAM2ACTAPIWZA?rt=ME=E8RZZY2W2EG)
- [HTTPS://WWW.THEPATHWAY2SUCCESS.COM/10-SEL-ACTIVITIES-FOR-HOME/](https://www.thepathway2success.com/10-sel-activities-for-home/)
- [HTTPS://WWW.SMILINGMIND.COM.AU/](https://www.smilingmind.com.au/)
- [HTTPS://WWW.PLAYWORKS.ORG/GET-INVOLVED/PLAY-AT-HOME/](https://www.playworks.org/get-involved/play-at-home/)