

SEL - Social Emotional Learning

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



5 Core Competencies

1. *Self-awareness*
2. *Self-management*
3. *Social awareness*
4. *Relationship skills*
5. *Responsible decision-making.*

What does SEL look like in my classroom?

- *Greeting students at the door*
- *Knowing every student's name*
- *Positive affirmations*
- *Creating a safe and supportive learning environment*
- *Model good practices*
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The Goals for SEL during the Academic Year 2019/2020

- Model SEL practices as educators.
- Cultivate meaningful relationships with students and staff.