

## Social-emotional Learning

### What is SEL?

**Social-emotional Learning (SEL)** is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop **healthy identities**, **manage emotions** and achieve personal and collective goals, feel and **show empathy** for others, establish and maintain **supportive relationships**, and make **responsible and caring decisions**.



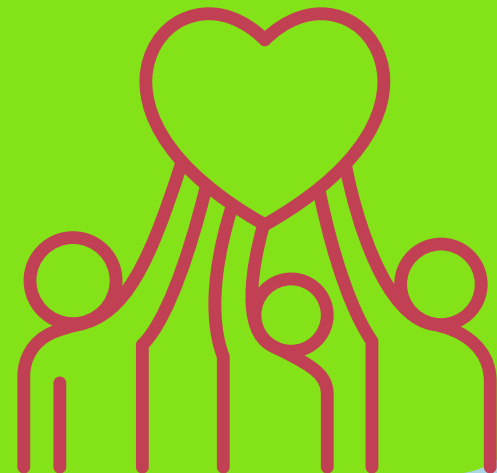
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### 3 Things to know about SEL!

SEL is a foundation that helps young people learn and practice skills to set them up for **academic success**, **solving problems** and **having healthy relationships**.

The research is clear: Social and emotional learning in schools leads to positive outcomes, including better academic performance, and **decreases in stress and anxiety**.

SEL brings families, schools, and communities together to make sure every child what they need to **learn, grow, and thrive**.



**Think of a young person in your life.  
What skills will they need to achieve  
their hopes and dreams?**

Chances are, you just named social and emotional skills – like staying motivated, communicating effectively, practicing curiosity, and working with others to solve problems. Social and emotional learning, or SEL, helps develop the skills we need for life.



Click [here](https://casel.org) to  
earn more about  
SEL from  
CASEL.org



# Building SEL Skills at home and school

## Be your own cheerleader: The power of positive self-talk

While making a mistake never feels great, we're often harder on ourselves than we need to be. We have the power to change pervasive, negative self-talk and become our own personal cheerleader. Positive self-talk, defined as an internal dialogue to make a person feel good, is scientifically proven to boost confidence, reduce stress, and improve overall well-being. Additionally, people who practice positive self-talk are better equipped to solve problems and cope with hardships!



Check out some great activities for early elementary to High school to help students develop strategies for positive self-talk [here](#)

## SEL is Trauma-informed

**Key Trauma-informed SEL Practices**

- Create predictable routines.
- Build strong & supportive relationships.
- Empower students' agency.
- Support the development of self-regulation skills.
- Provide opportunities to explore individual and community identities.

**Trauma-informed SEL** is an approach to fostering youths' social-emotional development with practices that support all students, but is particularly **inclusive** and **responsive** to the needs of children and youth who have experienced trauma.

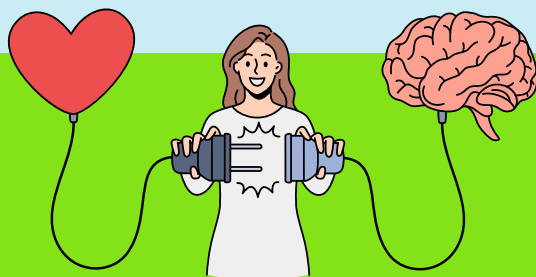
### SEL is Important for Adults too!

Focusing on the social and emotional competence of adults can improve adult wellbeing, create positive work environments, increase feelings of competence and self-efficacy, aid adults in modeling skills for students, and build and support educators' resilience.

Click [here](#) for strategies to develop your SEL skills and well-being!



## SEL Resources



[UBC Social and Emotional Learning / SEL Resource Finder](#)

[Social & Emotional Learning \(SEL\) Edutopia](#)

[CASEL: Advancing Social and Emotional Learning](#)

[Social and Emotional Learning Resource finder PHE Canada](#)