Demystifying Systemic Social and Emotional Learning: Explicit Instruction
What comes to mind when you hear:

Explicit SEL instruction?
What comes to mind when you hear: Explicit SEL instruction?

@casel.org

made possible with support from
Explicit SEL instruction

Students have consistent opportunities to cultivate, practice, and reflect on social and emotional competencies in ways that are developmentally appropriate and culturally responsive.
Schoolwide SEL: Explicit SEL Instruction
Effective SEL approaches often incorporate four elements: **SAFE**

- **SEQUENCED**: Connected and coordinated activities to foster skills development
- **ACTIVE**: Employing active forms of learning to help students strengthen new skills
- **FOCUSED**: Dedicated time and attention to developing personal and social skills
- **EXPLICIT**: Targeting specific social and emotional skills
All students should have dedicated time to cultivate, practice, and reflect on social and emotional competencies

States and districts create the conditions for explicit SEL by allocating funding and setting guidelines/standards

Explicit SEL implementation should include opportunities for measuring both implementation milestones and impact on student outcomes