NO MORE FALSE CHOICES

5 WAYS TO GET TO BOTH/AND IN SOCIAL AND EMOTIONAL LEARNING
Weaving a New Tapestry: Schools, Families, and Communities Together

Register Now

OCT 13
1:00P ET
WHAT COMES TO MIND WHEN SOMEONE SAYS: "SEL"?
Is SEL focused on skills development or supportive environments?
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*yes!*
**Self-Awareness**
- Identifying emotions
- Social and cultural identity
- Recognizing strengths
- Growth mindset
- Self-efficacy
- Examining bias
- Sense of purpose

**Self-Management**
- Communication
- Cultural competence
- Building relationships
- Teamwork and working cooperatively
- Resolving conflicts
- Helping/Seeking help
- Leadership
- Standing up for the rights of others

**Social and Emotional Competencies**
- Perspective-taking
- Empathy and compassion
- Expressing gratitude
- Appreciating diversity
- Identifying social norms and demands
- Sense of belonging

**Responsibility Decision-Making**
- Demonstrating curiosity and open-mindedness
- Identifying and solving problems
- Analyzing situations and consequences
- Ethical responsibility
- Reflecting on one’s role to promote individual and collective well-being

**Relationship Skills**
- Emotion regulation
- Impulse control
- Stress management
- Self-discipline and motivation
- Perseverance
- Goal-setting
- Organizational skills
- Initiative and Agency

@CASELORG
Whose job is it to promote the social and emotional development of young people — teachers, families, faith-based leaders, sports coaches, or others?
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yes!
Is it better to teach SEL explicitly or integrate it into core academic content?
Is it better to teach SEL explicitly or integrate it into core academic content? Yes!
Is SEL for children or adults?
SEL focused on skills development or supportive environments?

Is SEL for children or adults?

yes!
Is SEL a program or the way you do school?
SEL focused on skills development or supportive environments?

Is SEL a program or the way you do school?

yes!
Guide to Schoolwide SEL
schoolguide.casel.org

Workshops on Schoolwide SEL
schoolguide.casel.org

CASEL Guide to SEL Programs
pg.casel.org

Leading with SEL Toolkit
leadingwithsel.org