

SEL *Social & Emotional Learning*

FIVE WAYS STUDENTS BENEFIT from **Social & Emotional Learning (SEL)** in school:



1. Students learn to **identify emotions** and **connect thoughts and feelings** to their behaviors.
2. Students learn to **self-motivate**, and **control and manage** their emotions.
3. Students **embrace diversity** and **empathize** with others.
4. Students learn how to work with others, **handle challenges** and conflict.
5. Students **consider their own well-being** and the well-being of others.

A school that puts SEL into practice creates and supports a nurturing atmosphere. This allows students to stay calm and reduces emotional tension which improves their ability to learn. SEL knowledge and skills can also be a part of classroom lessons.

**WHEN A SCHOOL PUTS SEL
INTO PRACTICE THIS IS WHAT
YOU WOULD SEE**

