

SEL *Social & Emotional Learning*

PARENTS ARE VERY IMPORTANT PEOPLE (VIP)

when it comes to supporting **Social and Emotional Learning (SEL)** in schools



Social and Emotional Learning is an effective practice that helps students acquire essential skills needed to be an emotionally healthy, happy and successful person. When Social and Emotional Learning is put into practice, students identify emotions (How do I feel?) and connect thoughts and feelings to their behaviors. In doing so, they control and manage their emotions (I practice being...) while considering their own well-being (Who am I?) and the well-being of others. The end result is a positive school climate that enhances learning.



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