

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

Better academic outcomes



- 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 wellbeing of others. esendional distress among students

Millingress to help others Better attitudes toward shot

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Less fighting, but

ensions and drug and alcoho

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

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for healthy kids

YOU WOULD SEE