

WHAT IS SOCIAL-EMOTIONAL LEARNING?

Human development

Skills to be successful in life

Lifelong process

Taught by many people

Happens in homes, schools & communities

Self Awareness



- Identify emotions
- Accurate view of yourself
- Know your strengths
- Self-confidence
- Belief in ability

Know yourself!

Self-Management

- Impulse control
- Manage stress
- Self-discipline and motivation
- Set goals
- Organization skills

Control yourself!



Social Awareness



- Take others perspectives
- Empathy
- Appreciate diversity
- Respect others

Relate to others!

Relationship Skills

- Communicate
- Interact with other people
- Build relationships
- Teamwork

Connect with people!



Responsible Decision Making



- Find problems
- Read situations
- Solve problems
- Evaluate
- Reflect

Make good choices!