So what is SEL?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to:
- understand and manage emotions
- set and achieve positive goals
- feel and show empathy for others
- establish and maintain positive relations
- make responsible decisions

CASEL.org

Self-Awareness

The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior.

Labeled as a "growth mindset":
- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

Session Objectives

- Learn the basic concepts and function of Social-Emotional Learning (SEL)
- Reflect on our current use of SEL in our programs
- Practice incorporating SEL skills into activities

Elinor Blankenship
Northern Recharge
2019

Just a Spoonful of Sugar
Self-Management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, learn well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork
Responsible Decision-Making

- The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.
  - Identifying problems
  - Analyzing situations
  - Solving problems
  - Evaluating
  - Reflecting
  - Ethical responsibility

"I Am" Activity
Self-awareness

Now it is your turn!

- Each group will receive the instructions to a "basic" and hopefully familiar childhood game.
- You need to work with your group to add an SEL connection.
- At the end you will choose a spokesperson to share what connections you found!

So, what does this look like?

- The adult explains a concept with words, pictures, video, and/or audio
- Youth practice the concept through skill practice, group discussion, individual writing, or partner work
- The adult continues reinforcing the concept throughout the week
- The adult sends information home for students to work on with parents
- The adult checks for understanding
- The adult re-teaches where necessary

For more information:
nationathope.org
Any Questions???
Elinor Blankenship
Utah Afterschool Network
elinorb@utahafterschool.org