

Social Emotional Learning (SEL) is a process for helping children and adults develop the fundamental skills for life effectiveness. SEL teaches the skills we all need to effectively and ethically handle ourselves, our relationships, and our work.

CASEL (Collaborative for Academic, Social, and Emotional Learning) divides **Social Emotional Learning** into five competencies. These competencies are shared through classroom-based SEL Curriculum and Instruction, school-wide practices and policies and partnerships with family and community.

5 Social Emotional Learning Competencies

Self-Awareness

The ability to accurately recognize one's own emotions and thoughts and how these influence behaviour

Self-Management

The ability to successfully regulate one's emotions, thoughts, and behaviours in different situations

Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures

Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups

Responsible Decision-Making

The ability to make constructive choices about personal behaviour and social interactions based on ethical standards, safety concerns, and social norms

