

Social 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 relationships, and make responsible decisions.

Children need social-emotional skills to thrive both in the classroom and in life. At Frank Leby Stanton Elementary School, we believe *SEL* helps students:

- Gain confidence
- Set goals
- Make better decisions
- Respect others
- Collaborate with others in work and play
- Navigate the world more effectively

SEL FIVE Competencies per CASEL:

- (1) Self-Awareness
- (2) Self-Management
- (3) Social Awareness
- (4) Relationship Skills
- (5) Responsible Decision- Making

are embedded throughout the curriculum and intentionally implemented via daily, age appropriate lessons and ongoing “teachable” moments in/outside of the classroom. We collectively believe, SEL Instruction is the lynchpin that supports whole-child instruction which ultimately leads to a more caring and better world.