

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 relationships, make responsible decisions.

**93%**

of teachers believe teaching SEL is very or fairly important

On average, for every \$1 invested in SEL programming, there is a return of \$11

**11:1**

## SEL IMPACT On ACADEMIC OUTCOME

According to a meta-analysis of more than 270,000 students, those that participated in evidence-based SEL programs showed an **11 percentile-point gain** in academic achievement compared to students who did not participate in SEL programs.



## APPS

- *Positive Penguins*: \$3.99
- *Smiling Mind*: Free, (Child-focused)
- *Emotionary*: \$1.99, (Dealing with emotions)
- *Live Happy*: \$0.99, (Designed by Primary age teachers)

## WEBSITES

- CASEL.org
- Edutopia.org
- Responsiveclassroom.org/category/positive-community/sel-skills
- Learningtogive.org
- Selresources.com

## SEL ELEMENTS

### PROGRAMS

- Mind Up: [mindup.org](http://mindup.org)
- PATHS: [channing-bete.com](http://channing-bete.com)
- Tools of the Mind: [toolsofthemind.org](http://toolsofthemind.org)
- The Incredible Years: [incredibleyears.com](http://incredibleyears.com)
- I Can Problem Solve: [icanproblemsolve.info](http://icanproblemsolve.info)
- Open Circle: [wconline.org/active-projects/open-circle](http://wconline.org/active-projects/open-circle)
- Responsive classroom: [responsiveclassroom.org](http://responsiveclassroom.org)
- Steps to Respect: [blueprintsprograms.com/factsheet/steps-to-respect](http://blueprintsprograms.com/factsheet/steps-to-respect)

## BOOKS

- *Those Shoes*, Maribeth Boelts
- *The Mindful Child*, Susan Kaiser Greenland
- *The Compassion Classroom*: Sura Hart and Victoria Kindle Hodson