



Social & Emotional Learning (SEL)

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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.



SEL ELEMENTS

APPS

- *Emotionary*: \$1.99, (Dealing with emotions)

HIGH SCHOOL PROGRAMS

- **George Lucas Education Foundation—EDUTOPIA**
www.edutopia.org/article/13-powerful-sel-activities-emelina-minero
13 powerful SEL Activities for High School Student

WEBSITES

- CASEL.org
- Edutopia.org
- Learningtogive.org
- Actforyouth.net
- ldaa.aem.cornell.edu
- Selresources.com

- **Youth & Opportunity United**
www.youevanston.org/tl_files/youevanston/images/Staff%20Manual/May2013%20updates/Appendices%20-%20Sample%20Activities.pdf
SEL activities for middle and high school students

- **Facing History and Ourselves**
www.facinghistory.org
Wide range of classroom resources in a variety of topics

PROGRAMS

- 4Rs: morningsidecenter.org

- **Student Success Skills**
www.studentsuccessskills.com
Classroom manual to introduce strategies to better master regular curriculum and develop healthy habits, caring relationships and encourage classroom communities.