

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

- *Middle School Confidential*: \$2.99, (Middle School focus)
- *Emotionary*: \$1.99, (Dealing with emotions)
- *Live Happy*: \$0.99, (Designed by Primary age teachers)

### PROGRAMS

- Responsive classroom: responsiveclassroom.org
- Second Step: secondstep.org

### WEBSITES

- CASEL.org
- Edutopia.org
- Responsiveclassroom.org/category/positive-community/sel-skills
- Learningtogive.org
- Actforyouth.net
- Idaa.aem.cornell.edu
- Selresources.com

### HIGH SCHOOL PROGRAMS

#### • Youth & Opportunity United

[http://www.youevanston.org/tl\\_files/youevanston/images/Staff%20Manual/May2013%20updates/Appendices%20-%20Sample%20Activities.pdf](http://www.youevanston.org/tl_files/youevanston/images/Staff%20Manual/May2013%20updates/Appendices%20-%20Sample%20Activities.pdf)

SEL activities for middle and high school students