

Social and Emotional Learning

SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.



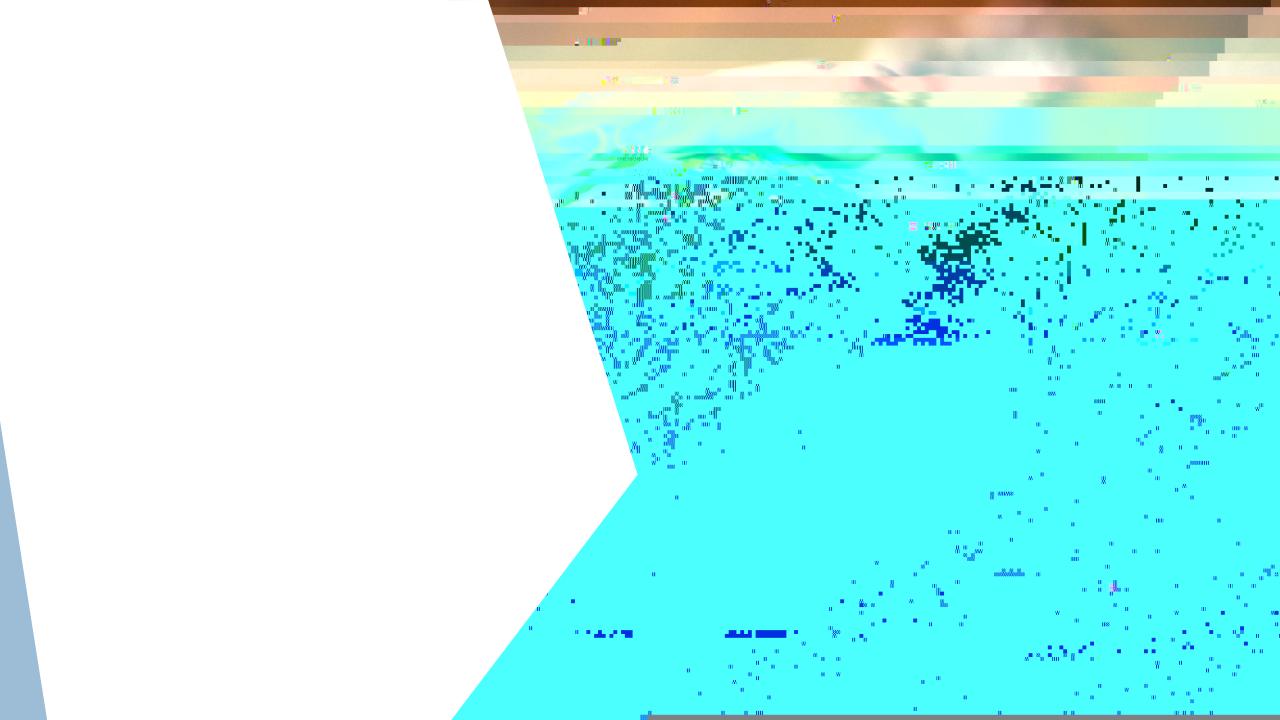
SELF-AWARENESS



SELF-MANAGEMENT

effectively in different situations and to achieve goals and aspirations.

This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.



RELATIONSHIP BUILDING





RESPONSIBLE DECISION-MAKING

The abilities to make caring and constructive choices

Social and Emotional Learning

Benefits to SEL

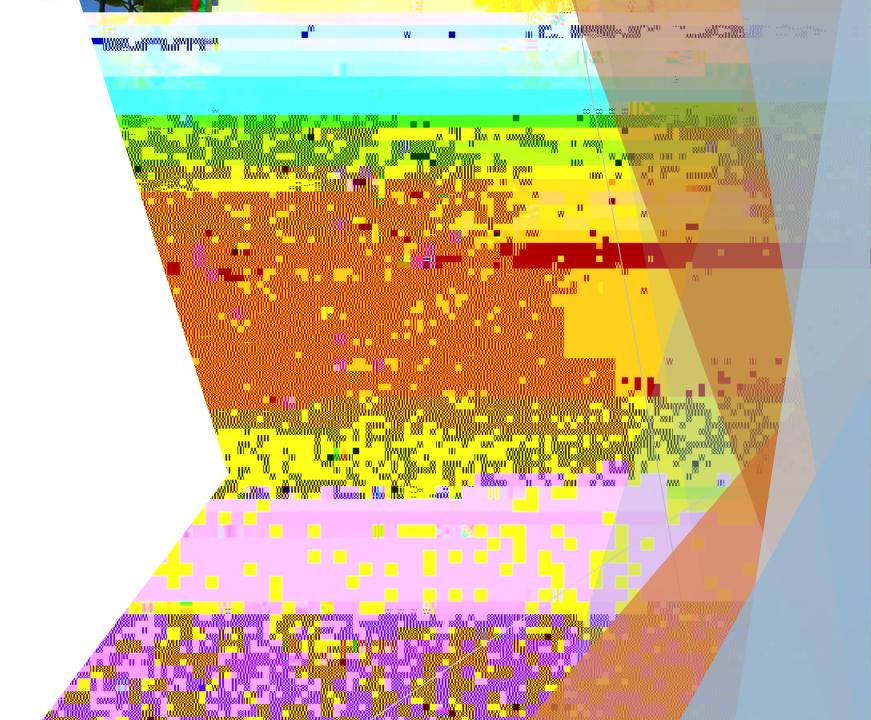
behavior problems, and substance use

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Resources

What is SEL? (casel.org)

10 FUN Self Control Games to Practice Self Regulation Skills (No Equipment Needed) - Your Therapy Source

Building Self-Awareness: 16 Activities and Tools for Meaningful Change (positivepsychology.com)

<u>8 Quick Relationship Building Activities | The Inspired Educator (the-inspired-educator.com)</u>

15 Activities for Teaching CASEL Core Competencies | Waterford.org