

Social and Emotional Learning (SEL) IN THE CLASSROOM

Social and emotional learning (SEL) is the process through which students acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, establish and maintain positive relationships, and make responsible decisions.

SEL can be delivered during school hours through explicit instruction or practiced as a cross-cutting theme in school.

SEL interventions are most effective when integrated into academic instruction.



Classroom strategies:

Child-centered methods

Child-friendly methods

Participatory approaches



A supportive classroom and school environment:

Students are motivated

Students feel emotionally safe

Students have a sense of community

Develop emotional processes

- Knowing and expressing emotions
- Regulating emotions and behaviour
- Empathy and perspective taking



I am...

😊 Happy

☹️ Sad

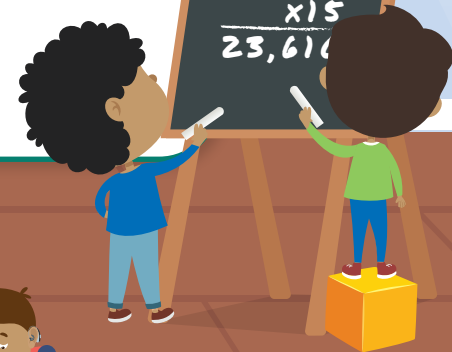
😡 Angry

Develop cognitive processes

- Attention control
- Working memory and planning
- Inhibitory control
- Cognitive flexibility
- Critical thinking

1,574
x 15

23,610



Promote social and interpersonal processes

- Understanding social cues
- Conflict resolution and social Problem solving
- Cooperative behaviour

