

## **SEL Description**

Social and emotional learning (SEL) is the process of acquiring the skills to recognize and manage emotions, develop caring and concern for others, make responsible decisions, establish positive relationships, and handle challenging situations effectively. Research has shown that SEL is fundamental to children's social and emotional development-their health, ethical development, citizenship, academic learning, and motivation to achieve. Social and emotional education is a unifying concept for organizing and coordinating school-based programming that focuses on positive youth development, health promotion, prevention of problem behaviors, and student engagement in learning.

The best SEL practice involves students, parents, community members, and educators as partners in planning, implementation, and evaluation. Learning social and emotional skills is similar to learning other academic skills in that the effect of initial learning is enhanced over time to address the increasingly complex situations children face with regard to academics, social relationships, citizenship, and health. Planned, systematic, social and emotional education begins in preschool and continues through high school. Developmentally and culturally appropriate SEL classroom instruction is provided in the context of a safe, caring, well-managed and participatory school environment. Students learn, practice, and apply SEL skills by engaging in positive activities in and out of the classroom.