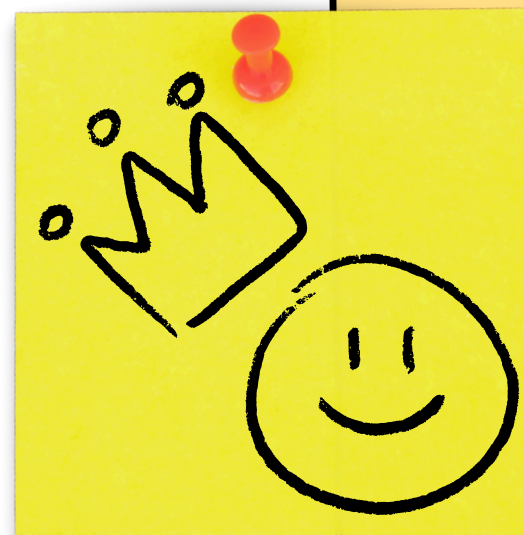


EMPOWERING KIDS THROUGH SOCIAL EMOTIONAL LEARNING!



What is SEL?

- Acquiring and applying the knowledge, attitudes, and skills necessary to understand and manage emotions.
- Setting and achieving positive goals.
- Feeling and showing empathy for others.
- Establishing and maintaining positive relationships.
- Making responsible decisions.



Concepts of SEL

- **Self-Awareness:** Helping children recognize and understand their emotions.
- **Self-Management:** Teaching children to manage their emotions and behaviors effectively.
- **Social Awareness:** Encouraging empathy and understanding of others' perspectives and feelings.
- **Relationship Skills:** Teaching children to establish and maintain healthy relationships.
- **Responsible Decision-Making:** Guiding children to make constructive choices about personal and social behavior.

Benefits of SEL

- Improves self-regulation and impulse control.
- Enhances social skills and peer relationships.
- Reduces behavioral issues and conflicts.



Incorporating SEL into Daily Activities

- Use daily routines to teach emotional regulation.
- Encourage children to express their feelings through art or journaling.
- Play cooperative games to develop teamwork and empathy.

Resource for Caregivers



www.movethisworld.com



www.tryingtogether.org



www.actionforhealthykids.org



www.casel.org



Emotion Wheel

Ask a child to pick how he or she feels today.

By Amin Forkwa Innocent.