## Social Emotional Learning (SEL)

## Social-Emotional Learning

Applying Skills

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision making



- I feel anxious.... mindfulness...
- I feel... I think... I do...
- COVID-19 & race (empathy)
- Healthy relationship building
- Respectful and constructive choices

(Stanford Center for Opportunity Policy in Education, 2015)