

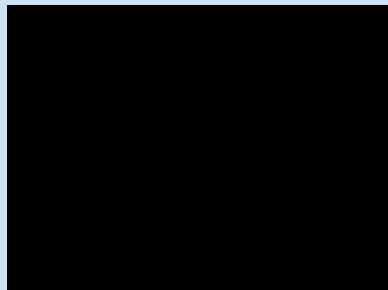


Welcome Back, PCSD!



Resource Library - Social Emotional Supports

Lunch and Learn Link: [Zoom](#) or [YouTube](#)



Welcome Back, PCSD!
Social Emotional Supports

Social-Emotional Learning: What is SEL and Why SEL matters

5 Keys to Social and Emotional Learning Success

Social Emotional Competencies as defined by our students



Social-emotional learning (SEL) is the process of developing the self-awareness, self-control and interpersonal skills that are vital for school, work and life success.

Video discusses how sustained and well-integrated social and emotional learning (SEL) programs can help schools engage their students and improve achievement

Five competencies that together form SEL:
Self-awareness
Self-management
Social awareness
Responsible decision-making
Relationship skills



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Resource Library - Social Emotional Supports



Healthy Home Practices during COVID-19

Social Emotional Learning, or SEL, helps children handle emotions, set goals, and make good decisions.



Social Emotional Learning Self-Awareness Exercise

Social Emotional Learning, or SEL, helps children handle emotions, set goals, and make good decisions.



Social Emotional Learning Self-Management Exercise

Social Emotional Learning, or SEL, helps children handle emotions, set goals, and make good decisions.



Social Emotional Learning Relationship Skills Exercise

Social Emotional Learning, or SEL, helps children handle emotions, set goals, and make good decisions.



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SEL for Parents

An informational video by CASEL and Chicago Public Schools for parents on social and emotional learning (SEL).

The video aims to inform parents on SEL in schools & provide them w/insights on SEL in their own parenting practices in order to support their children's social and emotional



SEL for Parents in Spanish

Un video informativo para padres hecho por CASEL y Chicago Public Schools sobre el aprendizaje social y emocional.

El propósito del video es informar a los padres sobre el aprendizaje social y emocional en las escuelas. También les da información sobre el aprendizaje social y emocional en



Positive Parenting: Social Emotional Learning

Developing your child's social-emotional skills can help them learn early how to deal with anxiety and stress.



SEL Supports for Parents

Strategies and Idea for parents to support their child's social emotional needs