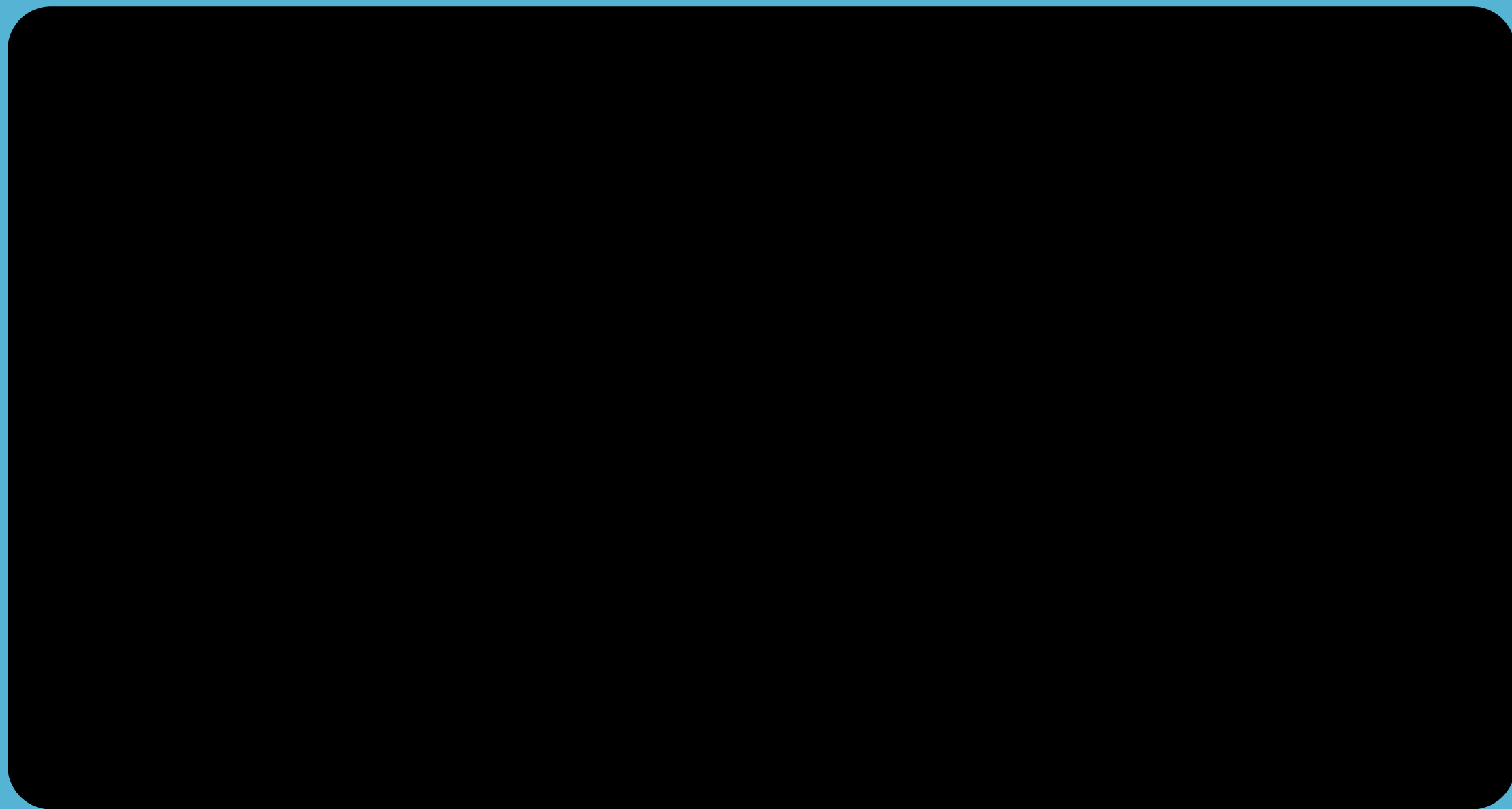


'How SEL can help classroom management and support stronger student-teacher relationships?'



Kavita Sanghvi

Transforming Education



The Five Social Emotional Learning Competencies



1

SELF AWARENESS

Recognizing your own emotions

2

SELF MANAGEMENT

Managing your emotions.

3

SOCIAL AWARENESS

Showing empathy and understanding

4

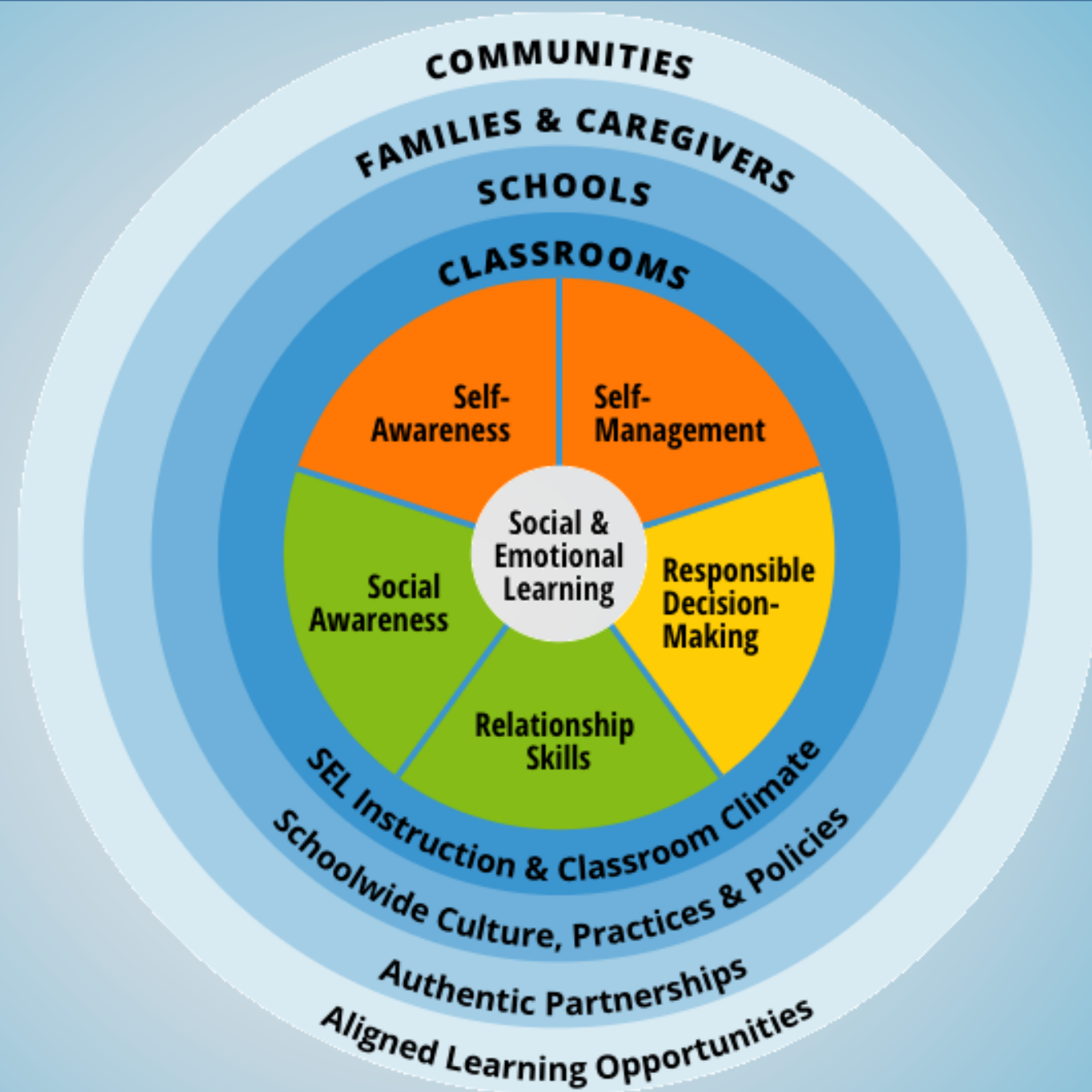
RELATIONSHIP SKILLS

Forming positive relationships and conflict resolution

5

DECISION MAKING

Making choices about your behavior



Source: Source: CASEL, ©2017. All rights reserved. <https://casel.org/core-competencies>”



COGNITIVE

Including the ability to:

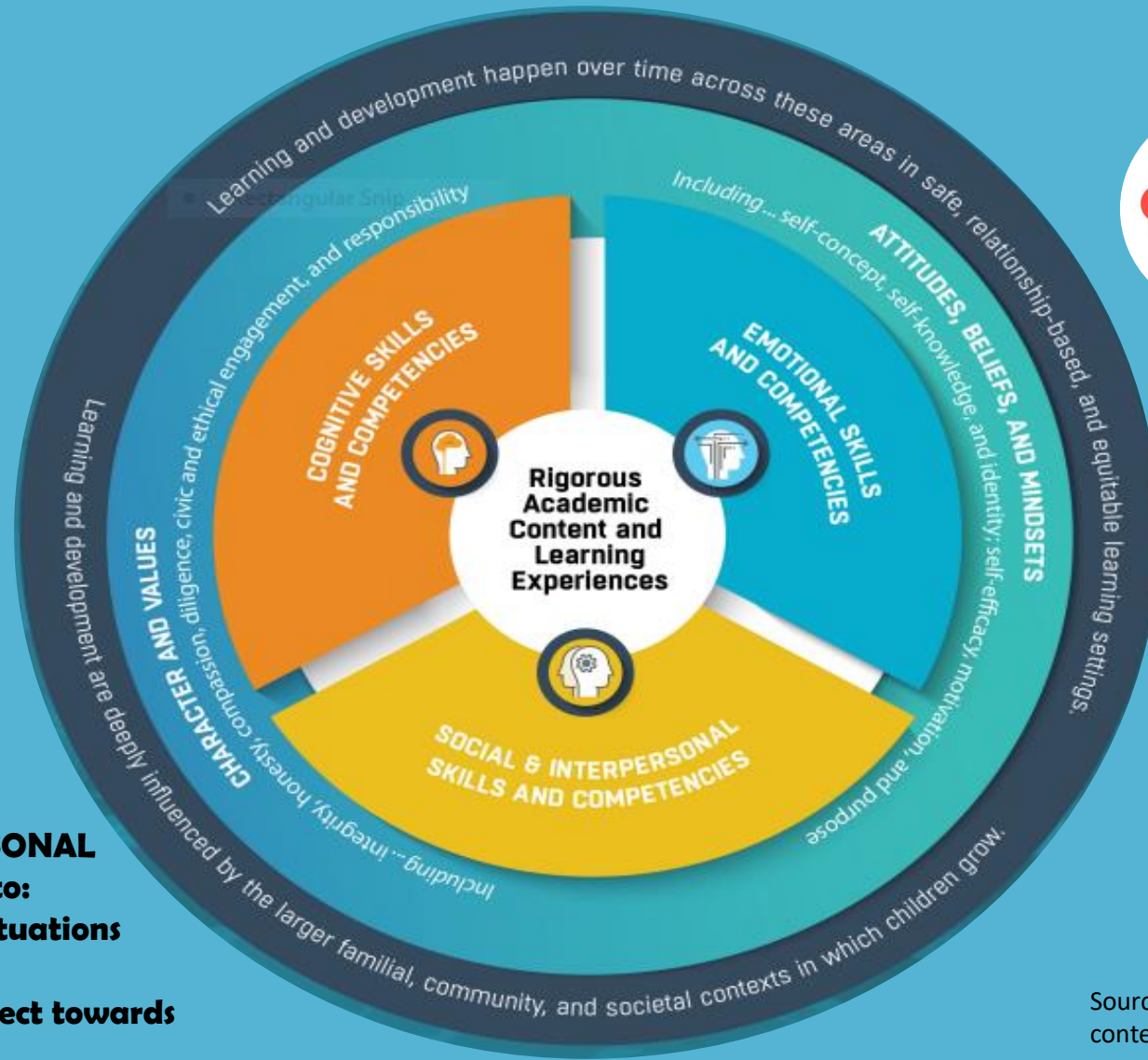
- Focus and pay attention
- Set goals
- Plan and organize
- Persevere
- Problem solve



SOCIAL & INTERPERSONAL

Including the ability to:

- Navigate social situations
- Resolve conflicts
- Demonstrate respect towards others
- Cooperate and work on team
- Self-advocate and demonstrate agency



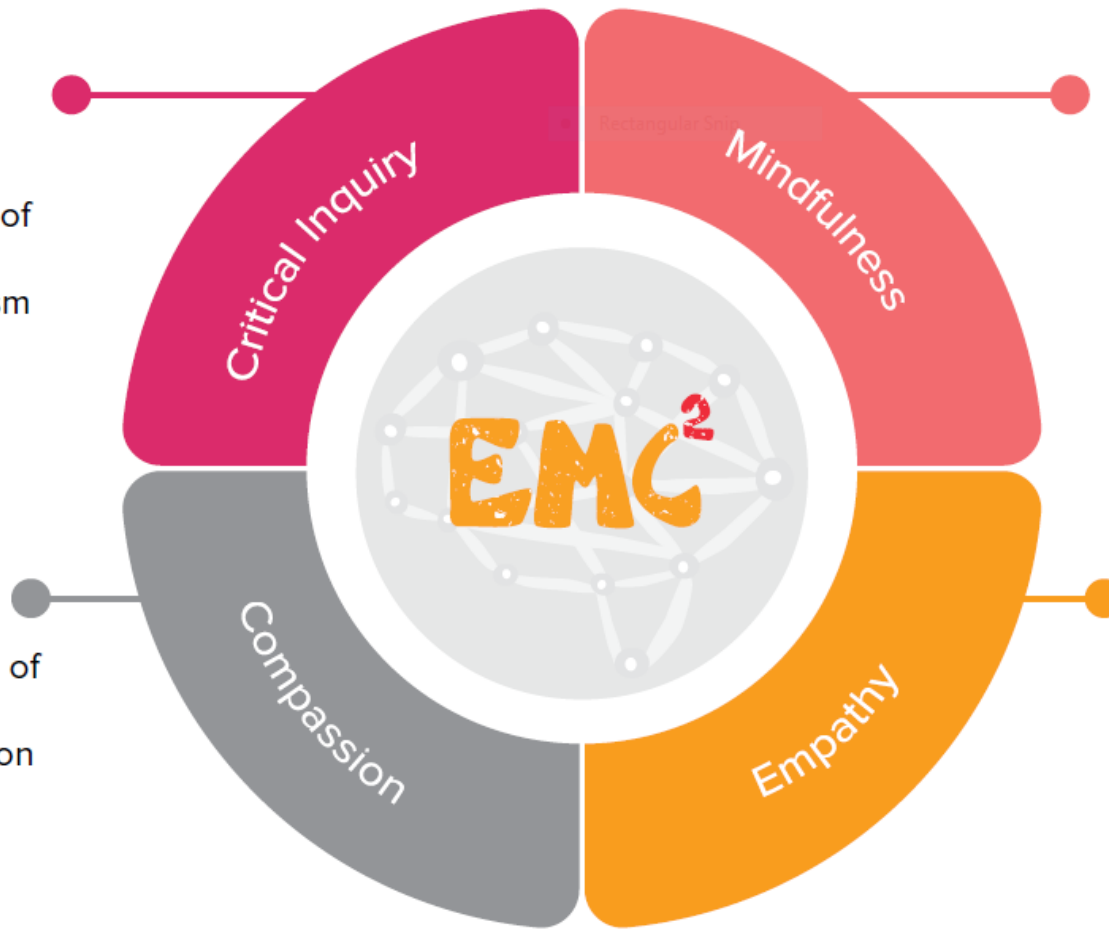
EMOTIONAL

Including the ability to:

- Recognize and manage one's emotions
- Understand the emotions and perspectives of others
- Demonstrate empathy
- Cope with frustration and stress

Source: <https://www.aspeninstitute.org/wp-content/uploads/2023/02/Nation-at-Hope.pdf>

- Inquiry rooted in evidence
- Logic as the heart of rationality
- Build self-skepticism and intellectual resilience

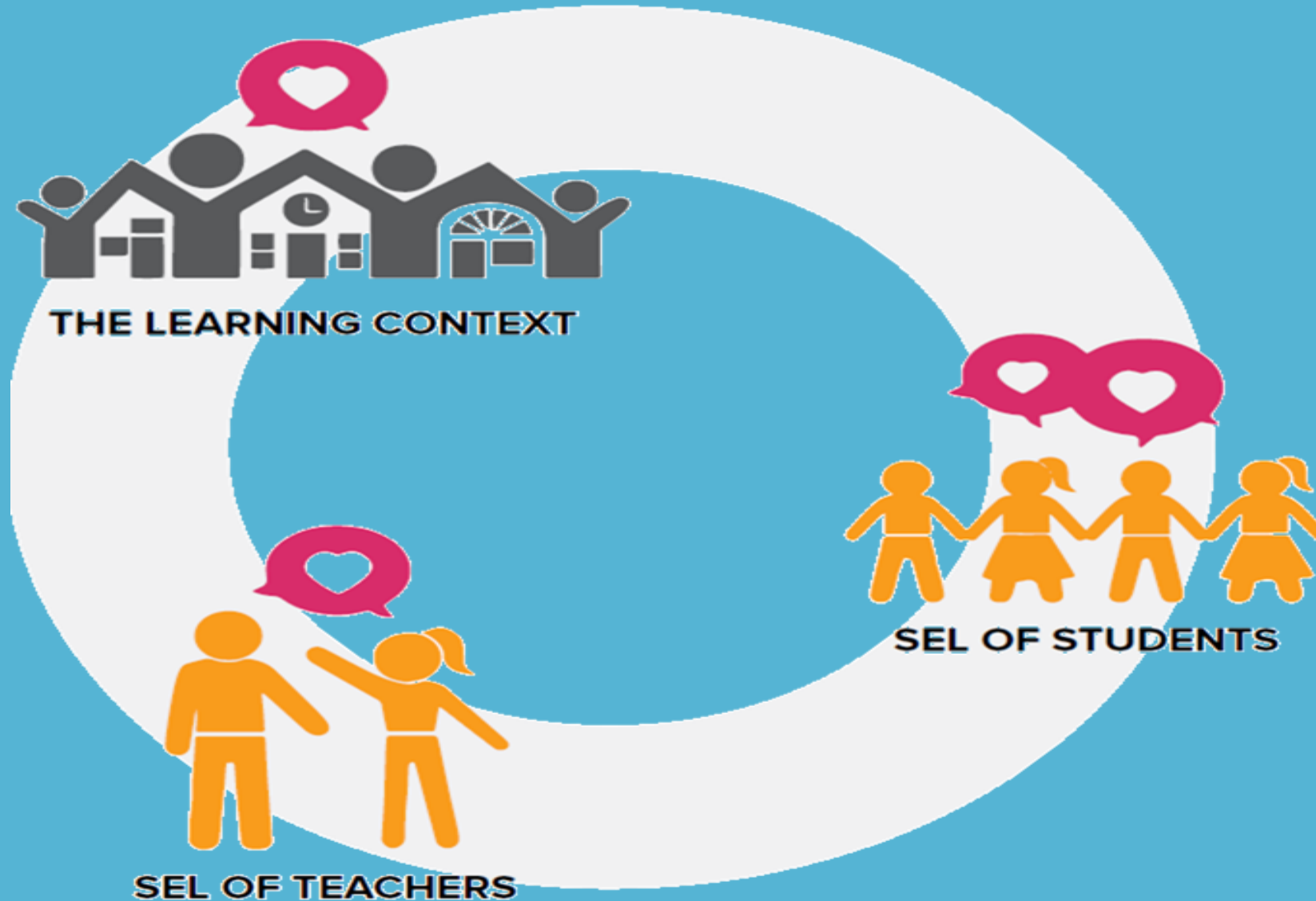


- Increased attention and awareness
- Practice mindfulness techniques
- Regulate emotions

- Acknowledge acts of compassion
- Practice compassion to self, others and environment
- Be an agent for change

- Name and recognise emotions
- Understand perspective of others
- Foster social connection

A whole school approach to implementing SEL





Improved academic performance



Better stress management



Decrease depression rates



Better chance of future success

