



SOCIAL AND EMOTIONAL LEARNING

Social and Emotional Learning (SEL) skills help us manage our emotions and relationships so that we can make better decisions and develop a sense of resilience. SEL is an important part of all New Brunswick classrooms, in all subjects, during every school day.

The Collaborative for Academic, Social and Emotional Learning (CASEL), an American, industry leader in SEL, have developed five competencies that comprise SEL: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. Please visit the [CASEL website](#) for more information and view this [SEL For Parents video](#).

Research shows that SEL is connected to the development of a positive mental health; as students learn SEL competencies, they are more successful academically and less likely to have a clinical mental health disorder. Other significant positive effects include:

- increased prosocial behaviors,
- more positive attitudes for themselves and for others,
- reduced conduct problems, and
- reduced emotional distress, including anxiety and depression.

Focus on SEL will help to put children to get on the right track, and that benefits everyone. By providing students daily opportunities to practice and develop their SEL competencies, they are able to cultivate hope in themselves, all while enhancing their self-worth. They can see themselves coping today, tomorrow and into the future.

Recognizing that all learning is social, students will want to connect with family members to help support their learning. Families can promote SEL in the home by learning more about SEL skills and by modeling behaviors. Families can adopt practices that reinforce SEL skills at home. For example, you can:

- Model emotional regulation.
- Recognize and praise emotional regulation when your child demonstrates it.
- Focus on strengths before talking about shortcomings and needed improvements.