

Resources



What is Social & Emotional Learning (SEL)?

SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals. ([CASEL](#))

SEL: CASEL's Five Core Competencies

- **Self-Awareness:** Ability to understand one's emotions and thoughts and how they influence behavior.
- **Social Awareness:** Ability to understand the perspectives of and empathize with others.

- **Self-Management:** Ability to manage one's emotions, thoughts, and behaviors.
- **Relationship Skills:** Ability to establish and maintain healthy and supportive relationships
- **Responsible Decision-Making:** Ability to make caring and constructive choices about personal behavior a social interaction.

Resources

- [Terrific Teachable Moments](#)
- [Health Rocks](#)
- [Your Feelings Matter](#)
- [Social & Emotional Learning and Your Child](#)
- [University of Minnesota Extension SEL Toolkit](#)
- [University of New Hampshire SEL Curriculum](#)
- [National 4-H CLOVER activities](#) (sign up for a free account and search for emotional wellness)

