Demystifying Systemic Social and Emotional Learning:

Explicit Instruction

Demystifying Systemic Social and Emotional Learning | Webinar Series
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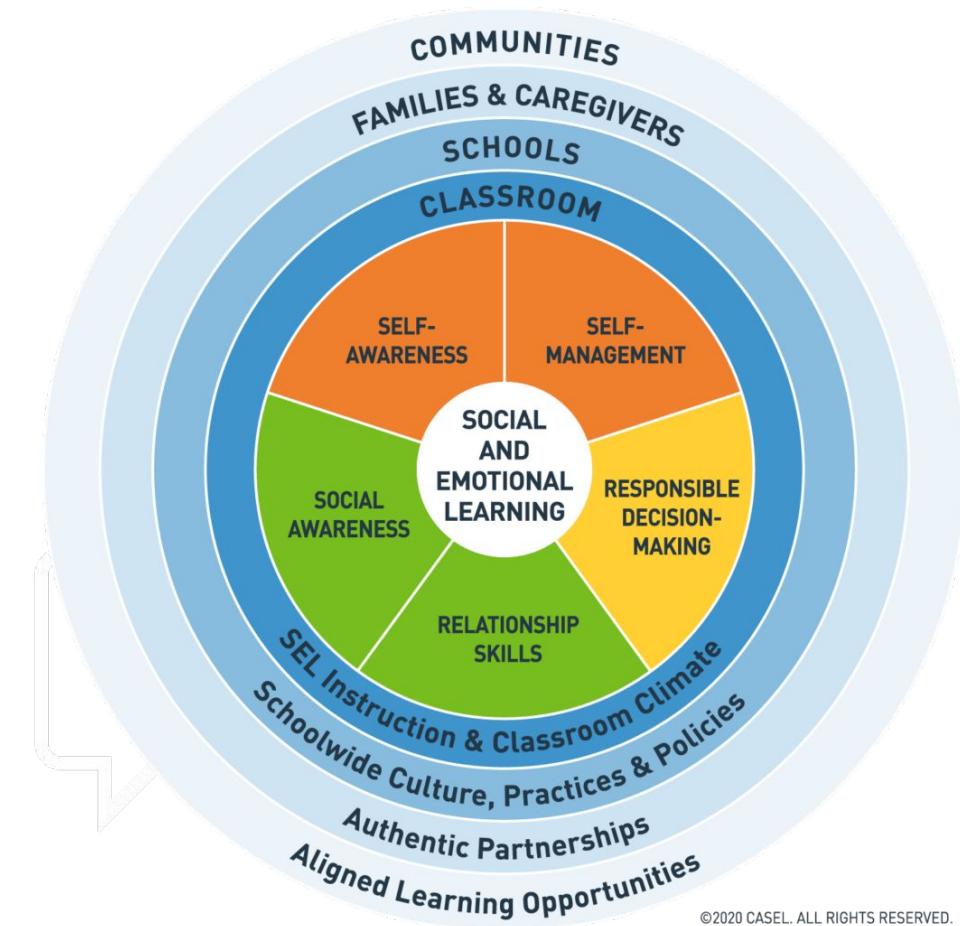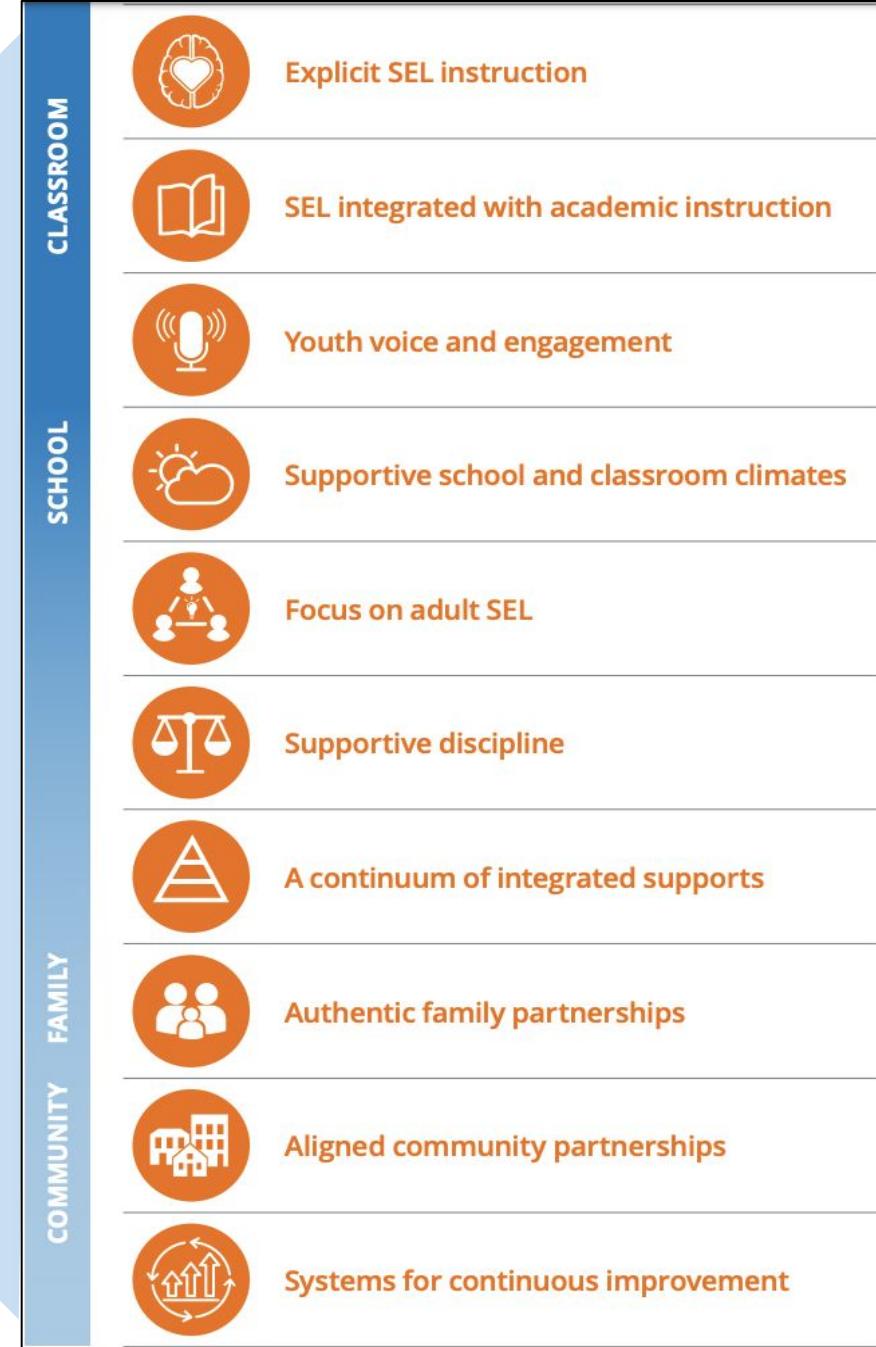
COMMUNITIES
FAMILIES & CAREGIVERS
SCHOOLS
CLASSROOM

SELF-AWARENESS
SELF-MANAGEMENT
SOCIAL AWARENESS
RESPONSIBLE DECISION-MAKING
RELATIONSHIP SKILLS

SOCIAL AND EMOTIONAL LEARNING

SEL Instruction & Classroom Climate
Schoolwide Culture, Practices & Policies
Authentic Partnerships
Aligned Learning Opportunities

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CLASSROOM
- Explicit SEL instruction
- SEL integrated with academic instruction
- Youth voice and engagement

SCHOOL
- Supportive school and classroom climates
- Focus on adult SEL
- Supportive discipline
- A continuum of integrated supports

FAMILY
- Authentic family partnerships

COMMUNITY
- Aligned community partnerships
- Systems for continuous improvement

Explicit SEL instruction

Students have consistent opportunities to cultivate, practice, and reflect on social and emotional competencies in ways that are developmentally appropriate and culturally responsive.

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Schoolwide SEL:
Explicit SEL Instruction

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What does the research currently say?

Effective SEL approaches often incorporate four elements: **SAFE**

- **S**EQUENCED: Connected and coordinated activities to foster skills development

- **A**CTIVE: Employing active forms of learning to help students strengthen new skills

- **F**OCUSED: Dedicated time and attention to developing personal and social skills

- **E**XPLICIT: Targeting specific social and emotional skills

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Key Takeaways

All students should have dedicated time to cultivate, practice, and reflect on **social and emotional competencies**

States and districts create the conditions for explicit SEL by **allocating funding and setting guidelines/standards**

Explicit SEL *implementation* should include opportunities for **measuring both implementation milestones and impact** on student outcomes

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