



# NO MORE FALSE CHOICES

**5** WAYS TO GET TO BOTH/AND IN  
SOCIAL AND EMOTIONAL LEARNING

# Weaving a New Tapestry:

Schools, Families, and Communities Together

OCT
13

1:00P
ET

Register Now ➤





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**WHAT COMES  
TO MIND WHEN  
SOMEONE SAYS:**

**"SEL" ?**





**Is SEL focused on  
skills development or  
supportive environments?**



**yes!**

focus on  
skilled workforce or  
supportive environments?



- Identifying emotions
- Social and cultural identity
- Recognizing strengths
- Growth mindset
- Self-efficacy
- Examining bias
- Sense of purpose



- Perspective-taking
- Empathy and compassion
- Expressing gratitude
- Appreciating diversity
- Identifying social norms and demands
- Sense of belonging

- Communication
- Cultural competence
- Building relationships
- Teamwork and working cooperatively
- Resolving conflicts
- Helping/Seeking help
- Leadership
- Standing up for the rights of others

- Emotion regulation
- Impulse control
- Stress management
- Self-discipline and motivation
- Perseverance
- Goal-setting
- Organizational skills
- Initiative and Agency

- Demonstrating curiosity and open-mindedness
- Identifying and solving problems
- Analyzing situations and consequences
- Ethical responsibility
- Reflecting on one's role to promote individual and collective well-being





**Whose job is it to promote  
the social and emotional  
development of young people  
— teachers, families,  
faith-based leaders, sports  
coaches, or others?**



Whose job is it to promote  
the social and emotional  
development of young people  
- teachers, families,  
faith-based leaders, sports  
coaches, or others?

**yes!**



**Is it better to teach SEL  
explicitly or integrate it into  
core academic content?**



**yes!**

Is it better to teach SEL  
explicitly or to graft it into  
core academic content?





**Is SEL for  
children or adults?**



**yes!**

Is E for  
children or adults?

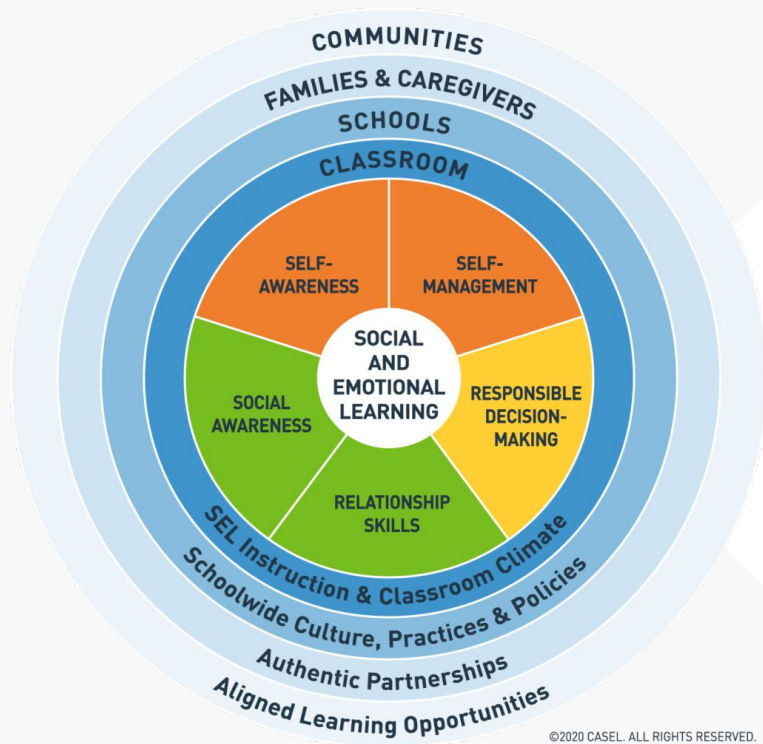


**Is SEL a program or  
the way you do school?**



**yes!**  
Should we join or  
the way you do school?





## CLASSROOM



Explicit SEL instruction



SEL integrated with academic instruction



Youth voice and engagement



Supportive school and classroom climates



Focus on adult SEL



Supportive discipline



A continuum of integrated supports

## SCHOOL



Authentic family partnerships



Aligned community partnerships



Systems for continuous improvement

## COMMUNITY



## Guide to Schoolwide SEL



[schoolguide.casel.org](https://schoolguide.casel.org)

## CASEL Guide to SEL Programs



[pg.casel.org](https://pg.casel.org)

## Workshops on Schoolwide SEL



[schoolguide.casel.org](https://schoolguide.casel.org)

## Leading with SEL Toolkit



[leadingwithsel.org](https://leadingwithsel.org)

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