



# 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

Register Now ➔

OCT  
13

1:00P  
ET





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

**“SEL”**



safe  
school everyone managing adults supporting  
needed belonging foundational acceptance mindset  
relationship mental decision human intelligence kindness  
foundation environment calm others child interpersonal  
safety wellbeing support essential student  
caring important life feelings mindfulness vital  
inclusive wellness empathy casel understanding  
positive sel self-awareness awareness approach  
self-awareness sel coping relationships peace  
children necessary self better success connection  
patience students need healthy time making  
competencies regulation learning community building  
equity social help health critical growth  
teaching resilience emotions compassion self-regulation  
people conflict development management skill needs developing  
holistic practice respect communication balance connections  
helping healing personal knowledge collaboration

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



Yes! For users on  
skilled document or  
supportive environments?



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



- 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?**



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



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

**yes!**



Is SEL for  
children or adults?



yes!  
for  
children or adults?



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



yes!  
S...p...am or  
the way you do school?





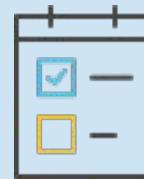
SCHOOL	CLASSROOM	FAMILY	COMMUNITY
	<b>Explicit SEL instruction</b>		
	<b>SEL integrated with academic instruction</b>		
	<b>Youth voice and engagement</b>		
	<b>Supportive school and classroom climates</b>		
	<b>Focus on adult SEL</b>		
	<b>Supportive discipline</b>		
	<b>A continuum of integrated supports</b>		
		<b>Authentic family partnerships</b>	
		<b>Aligned community partnerships</b>	
		<b>Systems for continuous improvement</b>	

## Guide to Schoolwide SEL



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

## CASEL Guide to SEL Programs



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

## Workshops on Schoolwide SEL



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

## Leading with SEL Toolkit



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

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