

UNDERSTANDING



SOCIAL EMOTIONAL LEARNING

1 WHAT IS IT?

Social Emotional Learning (SEL) encompasses skills for emotional, social, and behavioral development. It's crucial for both children and adults, supporting well-being, peer relationships, school readiness, and academic success.

2 WHY IS IT IMPORTANT?

- Establishes a positive relationship between teachers and students
- Decreases classroom management challenges
- Teacher burnout decreases (Gimbert, 2023)

3 HOW IT RELATES TO CONSCIOUS DISCIPLINE

Conscious Discipline is a form of social emotional learning focused on relationship-building to enhance academic performance, executive function, and social skills



4 PRACTICE WHAT YOU PREACH! :)

In order to teach social emotional learning and emotion regulation, you need to be able to regulate your own emotions



5 HOW TO REGULATE YOUR OWN EMOTIONS

- **Decision-Making Skills:** Consider ethical standards and prioritize others' health and well-being
- **Self-Awareness:** Recognize emotions, assess self-confidence, and identify strengths and growth areas.
- **Self-Management:** Integrate stress management, impulse control, and self-motivation into daily routines

6 HOW TO REGULATE YOUR OWN EMOTIONS

- **Social Awareness:** Demonstrate empathy and perspective-taking for people of diverse backgrounds and cultures
 - **Relationship Skills:** Communicate clearly, listen actively, collaborate, seek help, and foster a safe learning environment
- Practice and Model these concepts :)**

References

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- Moazami-Goodarzi, A., Zarra-Nezhad, M., Hytti, M., Heiskanen, N., & Sajaniemi, N. (2021). Training Early Childhood Teachers to Support Children's Social and Emotional Learning: A Preliminary Evaluation of Roundies Program. *International Journal of Environmental Research and Public Health*, 18(20), 10679. <https://doi.org/10.3390/ijerph182010679>