

# SOCIAL AND EMOTIONAL LEARNING

## WHAT IS IT?

Social and emotional learning is a framework that emphasizes the development of essential life skills

1

## SELF AWARENESS

Understanding and identifying one's own emotions, strengths, weaknesses, values, and goals, needed for personal growth.

2

## SELF MANAGEMENT

Regulating one's emotions, behaviours, and impulses to achieve personal and professional goals. Managing stress, pressure and demonstrating self-discipline.

3

## SOCIAL AWARENESS

Recognizing and understanding the emotions and perspectives of others. Showing empathy, compassion and respecting the diverse perspectives of others.

4

## RELATIONSHIPS

Establishing and maintaining healthy relationships, effectively communicating, needs, wants and resolving conflict.

5

## DECISION MAKING

Identifying problems, experiencing different scenarios, gaining experience to make positive, informed choices, based on the consideration of the well-being of oneself and others.

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