

BONITA ELEMENTARY



What is SEL?

SEL OR **SOCIAL EMOTIONAL LEARNING** IS THE PROCESS THROUGH WHICH ALL YOUNG PEOPLE AND ADULTS ACQUIRE AND APPLY THE KNOWLEDGE, SKILLS, AND ATTITUDES TO DEVELOP HEALTHY IDENTITIES, MANAGE EMOTIONS AND ACHIEVE PERSONAL AND COLLECTIVE GOALS, FEEL AND SHOW EMPATHY FOR OTHERS, ESTABLISH AND MAINTAIN SUPPORTIVE RELATIONSHIPS, AND MAKE RESPONSIBLE AND CARING DECISIONS. THROUGHOUT THE YEAR WE WILL LEARN ABOUT THE 5 SEL COMPETENCIES.

The 5 Competencies:

1. SELF AWARENESS
2. SOCIAL AWARENESS
3. SELF MANAGEMENT
4. RELATIONSHIP SKILLS
5. RESPONSIBLE DECISION MAKING

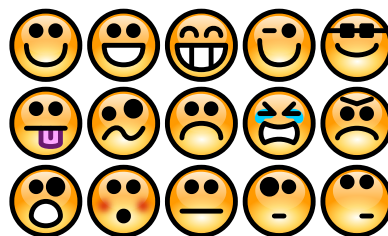
SEL Topic of the Month

Self Awareness:

THE ABILITIES TO UNDERSTAND ONE'S OWN EMOTIONS, THOUGHTS, AND VALUES AND HOW THEY INFLUENCE BEHAVIOR ACROSS CONTEXTS. THIS INCLUDES CAPACITIES TO RECOGNIZE ONE'S STRENGTHS AND LIMITATIONS WITH A WELL-GROUNDED SENSE OF CONFIDENCE AND PURPOSE.

MAIN COMPONENTS WE WILL FOCUS ON:

1. IDENTIFYING EMOTIONS
2. COMMUNICATING EMOTIONS
3. SELF- ESTEEM
4. LEARNING STYLES



Read About It



READING IS A GREAT WAY TO HELP YOUR STUDENT GAIN A DEEPER UNDERSTANDING OF THE TOPIC. PLEASE CLICK ON THE PICTURE ABOVE TO VIEW A LIST OF BOOKS ABOUT EMOTIONS!

PLEASE NOTE THAT I DID NOT CREATE THIS LIST NOR HAVE I READ ALL OF THESE BOOKS, SO PLEASE READ THE DESCRIPTIONS TO CHOOSE BOOKS THAT ARE RIGHT FOR YOU AND YOUR FAMILY.

Bonita Fun

