

Social Emotional Learning through Literacy

Social Emotional Learning (SEL) focuses on a set of life skills children need to understand themselves and communicate with others. For instance, SEL teaches students ways to improve things such as:

- empathy
- emotional regulation
- problem-solving skills
- decision-making skills
- Communication skills
- relationships with friends and family
- self-knowledge
- self-control

Through SEL, children can gain a better understanding of themselves and of the people around them. They can gain the skills and knowledge that will help them understand their emotions, develop their identities, and set goals.

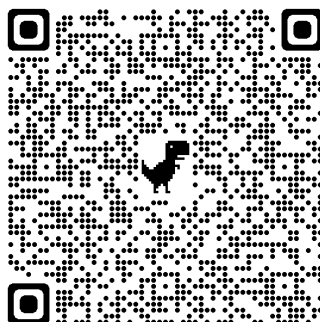
- S. Behring
Healthline.com

If you are interested in learning more about this topic, as well as finding parent and child resources, please check out the following sites.

Blair SEL Book Collections



The Committee for Children: The Importance of SEL



Family SEL Literacy Resources



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