



Social Emotional Learning Concepts and Skills

Social emotional learning (SEL) involves skills needed for effective social interactions and managing emotions. In addition to school, these [SEL skills can be supported at home](#). Listed below are key social emotional learning concepts and skills. These concepts and skills lead to an increased ability to communicate, emotionally regulate, make decisions, problem solve, and develop stronger relationships. The [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#) has defined the concepts discussed here as a framework and fundamental to social emotional learning. SEL is a part of development for all human beings and is a process where children and adults gain knowledge, skills, and attitudes to improve communication and relationships at home, at school, and in the community.

Self-Awareness

- Is the foundation of SEL and involves understanding your emotions, thoughts, and values and how they affect your behaviors and are related to each other.
- Understanding strengths and limitations.
- Having a sense of purpose.
- Developing interests.
- Valuing family culture.
- Maintaining a positive attitude while adapting and growing from challenges.

[PBS Video on Self-Awareness](#)

Social Awareness

- Looking at situations from the perspective of others.
- Having empathy and compassion.
- Seeing strengths in and showing concern for others.
- Being grateful.
- Understanding social expectations.
- Recognizing when situations are just and fair.

[PBS Video on Social Awareness](#)

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Self-Management

- Managing your emotions, thoughts, and behaviors across settings to reach your goals and dreams by finding ways to handle stress.
- Staying on task even when it is hard.
- Planning and organizing.
- Showing courage to take initiative.
- Setting personal goals and working with others toward group goals.

[PBS Video on Self-Management](#)

Relationship Skills

- Ability to have and keep healthy and supportive relationships.
- Communicating and listening effectively.
- Developing positive relationships with others.
- Demonstrating cultural knowledge (competency).
- Practicing teamwork and collaborative problem solving.
- Resolving conflicts through compromise or in a positive way.
- Saying “no” to peer pressure.
- Asking for help and offering help when needed.
- Standing up for others.
- Being a leader.

[PBS Video on Relationship Skills](#)

Responsible Decision Making

- Ability to make caring, healthy, and safe choices about your own behavior and actions.
- Being curious and open-minded.
- Thinking about consequences of our actions.
- Problem-solving by thinking about the pros and cons of different solutions.
- Thinking critically (looking at the facts and information you have) to draw conclusions, make decisions, and problem-solve.
- Being able to think about your role in your own and other’s well-being.

[PBS Video on Responsible Decision-Making](#)

Resources



[Michigan Alliance for Families](#)

- [Centervention, 95 Supplemental Social Emotional Learning Activities](#)
- [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#)
 - » [What are the Core Competencies and Key Settings? \(video 4:51\)](#)
 - » [How Does SEL Support Your Priorities?](#)
 - » [Interactive Competency Wheel](#)
 - » [Self-Paced Introduction Course Online](#)
- [Michigan Department of Education: Social Emotional Learning](#)
- [PBS Social Emotional Learning: Core Competencies of SEL](#)