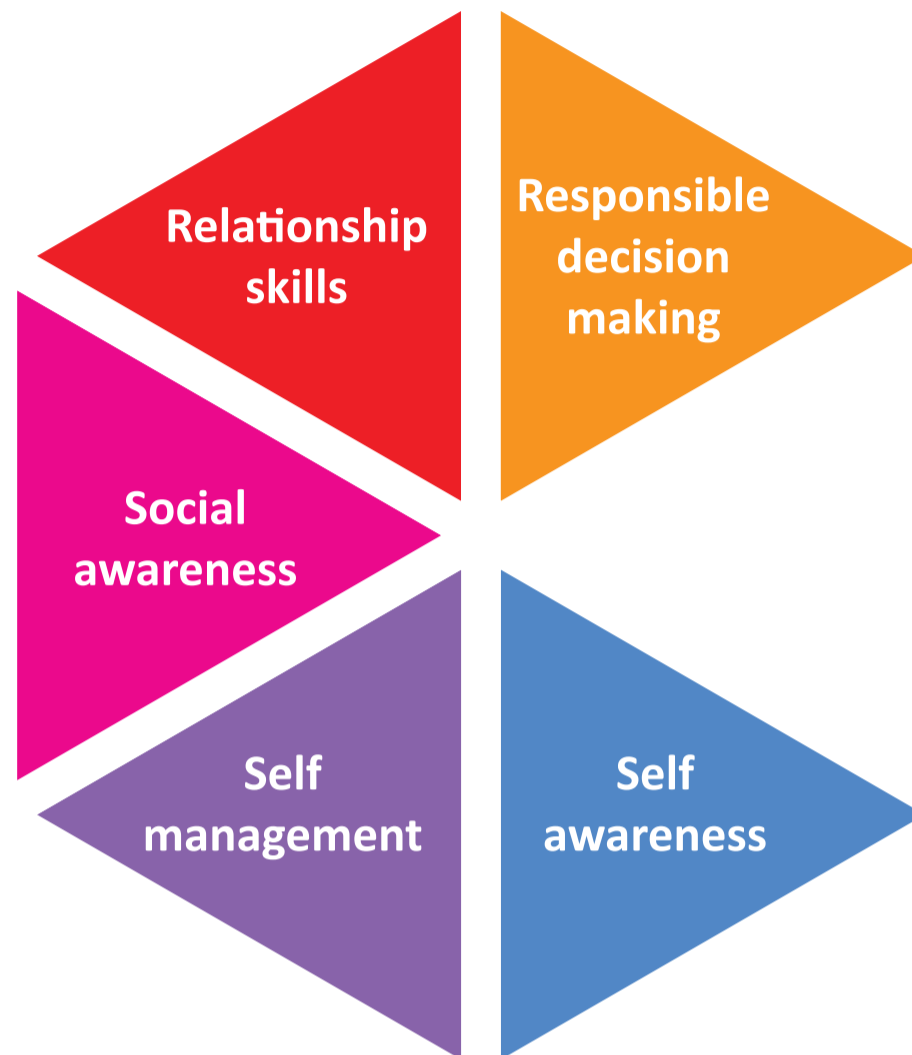


Social and Emotional Learning

A resource on the SEL competencies for teachers and students



Social and emotional learning is the process of acquiring and effectively applying knowledge, attitudes and skills to care for others, make responsible decisions, establish positive relationships and handle challenging situations.

(CASEL 2003)



Catholic Education Office
Archdiocese of Melbourne

Social and Emotional Learning

A resource on the SEL competencies for teachers and students

The set of six posters has been designed to support teachers in their teaching of the Social and Emotional (SEL) curriculum in the classroom. This poster is for teacher use in understanding SEL competencies. It would be suitable for use at staff meetings and/or to display in the staff room.

The teaching posters expand each of the five competencies:

- Social awareness
- Self management
- Self awareness
- Relationship skills
- Responsible decision making

There are three elements to each poster:

- a competency statement
- dot points describing each competency
- a simple scenario with words, actions and feelings

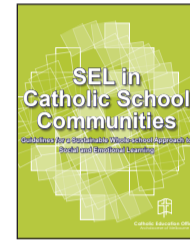
Ideas for classroom use

- Each competency could be taught using a poster to ensure students understand what it means.
- Discussion of the definition.
- Circle time to talk about what emotions and feelings look / feel / sound like.
- Students develop scenarios for each competency and act them out.
- Emphasise the language and vocabulary in the bubbles. What other words could be used?
- Display posters in the classroom, either individually or as a set.
- Use cut-out dolls for each competency to make connections between the students and the competency. "What competencies do you have?" "What do you think would be ideal?"
- Refer to the posters with a 'check-in' during the day. "How are you managing that competency?"
- Check your library for picture story books on each competency as you teach it.
- Draw a large outline of a tree with five branches. Children put sticky notes on the branches showing what the competency looks like.

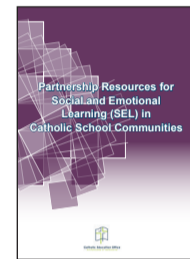
Further resources from CEOM



Student Wellbeing Research Document 2 : Social Emotional Learning (2007)



SEL in Catholic School Communities. Guidelines for a sustainable whole school approach to Social Emotional Learning (2009)



Partnership resources for SEL in Catholic School Communities (2010)

Social and Emotional Learning : committed to developing a safe, effective and successful learning community.