

SEL Newsletter



WHAT EXACTLY IS SEL?

COLLABORATIVE FOR ACADEMIC, SOCIAL,
AND EMOTIONAL LEARNING (CASEL)

We talk about SEL frequently but what exactly is SEL and how is it used in schools? Social and emotional learning (SEL) as an integral part of education and human development.

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MIDDLE AND HIGH SCHOOL STUDENTS NEED SOCIAL- EMOTIONAL LEARNING TOO.

BY ARIANNA PROTHERO

Experts in social-emotional learning and child development say the secondary school years are a crucial...

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toxic positivity

being negative won't help you

good vibes only

you'll get over it

other people have it a lot worse

smile, crying won't help

just stay positive

Genuine optimism

it's important to let it out. is there anything i can do to make this easier for you?

i love you through all your emotional states

you are so resilient, and your strength will get you through it

you are not alone, and there is support to help you

it's okay to cry, we all do. can i get you a tissue or a hug?

things are tough right now. do you wanna talk about it, or do something lighthearted?

@crazyheadcomics



HOW CHILDHOOD TRAUMA AFFECTS HEALTH ACROSS A LIFETIME

NADINE BURKE HARRIS
Childhood trauma isn't something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain.

[WATCH HERE](#)

SOCIAL-EMOTIONAL LEARNING ACTIVITIES AND GAMES FOR TEACHERS AND STUDENTS

POSITIVE ACTION STAFF

Social-emotional development activities offer a safe and supportive environment for students to learn prosocial behavior. The games encourage healthy relationships that reinforce empathy, sharing, and compassion.

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