Why SEL Matters?

“Social and Emotional Learning Is The Plate”

“Social-Emotional Learning isn’t one more thing being added to the plate...It is the plate.”

- Ed Dunkelblau

Social and Emotional Learning

Self-Management
- Managing emotions and behaviors

Self-Awareness
- Recognizing one’s emotions and values as well as one’s strengths and challenges

Social Awareness
- Showing understanding and empathy for others

Responsible Decision-Making
- Making ethical, constructive, choices about personal and social behaviors

Relationship Skills
- Forming positive relationships, working in teams, dealing effectively with conflict

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