

SOCIAL-EMOTIONAL LEARNING (SEL)

WHAT IS IT?

LIKE ACADEMIC SKILLS, CHILDREN NEED TO BE TAUGHT SKILLS TO DEVELOP AND MAINTAIN HEALTHY RELATIONSHIPS AND SELF-MANAGE THEIR BEHAVIORS, EMOTIONS, AND GOALS. SOCIAL-EMOTIONAL LEARNING (SEL) IS THE PROCESS OF LEARNING AND APPLYING THESE SKILLS. THESE SKILLS HELP CHILDREN BECOME PRODUCTIVE MEMBERS OF SOCIETY WHO KNOW HOW TO MAKE HEALTHY DECISIONS AND ENGAGE IN POSITIVE INTERACTIONS WITH OTHERS (OHIO DEPARTMENT OF EDUCATION, 2019).

WHAT SKILLS SHOULD MY CHILD LEARN?

OHIO HAS DEVELOPED SOCIAL AND EMOTIONAL LEARNING STANDARDS FOR STUDENTS IN GRADES K-12. THESE STANDARDS SHOULD BE ADDRESSED IN SCHOOL, BUT THE SKILLS CAN BE REINFORCED AT HOME AND IN THE COMMUNITY. THE STANDARDS FOCUS ON THE FIVE COMPETENCIES SHOWN BELOW (CASEL, 2017).

HOW DOES THE LIBRARY SUPPORT SEL?

LEBANON PUBLIC LIBRARY IS CURRENTLY WORKING ON WAYS TO SUPPORT SEL FOR GRADES K-2. THERE ARE SOCIAL-EMOTIONAL STORY TIME VIDEOS WITH ACCOMPANYING ACTIVITIES ON OUR YOUTUBE CHANNEL. CHECK OUT THE PROGRAMS PAGE ON OUR WEBSITE FOR THE LINK.

WE ARE ALSO OFFERING A NEW PASSIVE PROGRAM FOR THIS AGE GROUP IN THE FORM OF MAKE-AND-TAKE KITS. MANY OF THESE ACTIVITIES WILL FOCUS ON EMOTION REGULATION AND COPING STRATEGIES, AS WELL AS OTHER AREAS OF THE FIVE COMPETENCIES. EACH KIT WILL INCLUDE A CAREGIVER'S GUIDE THAT FEATURES THE STANDARD(S) FROM THE OHIO SOCIAL AND EMOTIONAL LEARNING STANDARDS THAT THE ACTIVITY AIMS TO MEET, A LIST OF RELATED LIBRARY BOOKS TO CHECK OUT, AND TIPS FOR MAKING THE MOST OF THE ACTIVITY.

RELATIONSHIP SKILLS

COMMUNICATION
POSITIVE RELATIONSHIPS
INCLUSIVENESS
CONFLICT-RESOLUTION

SOCIAL AWARENESS

RESPECT
CULTURE
SOCIAL CUES
BOUNDARIES

SELF-AWARENESS

EMOTION AWARENESS
INTERESTS AND STRENGTHS
SEEKING HELP
RESPONSIBILITY
CONFIDENCE
ADVOCACY

SELF-MANAGEMENT

EMOTION REGULATION
GOALS
PERSEVERANCE
EMPATHY
CITIZENSHIP

RESPONSIBLE DECISION-MAKING

CRITICAL THINKING
PROBLEM-SOLVING STRATEGIES
CONSTRUCTIVE DECISIONS
PERSONAL CHOICES
ETHICAL AND CIVIC IMPACT
TRANSITIONS
OUTCOMES

WHERE CAN I LEARN MORE?

ABOUT SEL

[HTTPS://CASEL.ORG/WHAT-IS-SEL/](https://casel.org/what-is-sel/)

[HTTPS://WWW.SECONDSTEP.ORG/SOCIAL-EMOTIONAL-LEARNING](https://www.secondstep.org/social-emotional-learning)

[HTTPS://WWW.POSITIVEACTION.NET/WHAT-IS-SEL](https://www.positiveaction.net/what-is-sel)

[HTTPS://WWW.EDUTOPIA.ORG/SOCIAL-EMOTIONAL-LEARNING](https://www.edutopia.org/social-emotional-learning)

OHIO SOCIAL AND EMOTIONAL LEARNING STANDARDS

[HTTP://EDUCATION.OHIO.GOV/TOPICS/LEARNING-IN-OHIO/SOCIAL-AND-EMOTIONAL-LEARNING/SOCIAL-AND-EMOTIONAL-LEARNING-STANDARDS](http://education.ohio.gov/topics/learning-in-ohio/social-and-emotional-learning/social-and-emotional-learning-standards)

REFERENCES

CASEL. (2017). *WHAT IS SEL?* [HTTPS://CASEL.ORG/WHAT-IS-SEL/](https://casel.org/what-is-sel/)

OHIO DEPARTMENT OF EDUCATION. (2019). *SOCIAL AND EMOTIONAL LEARNING STANDARDS*. [HTTP://EDUCATION.OHIO.GOV/GETATTACHMENT/TOPICS/LEARNING-IN-OHIO/SOCIAL-AND-EMOTIONAL-LEARNING/SOCIAL-AND-EMOTIONAL-LEARNING-STANDARDS/K-12-SEL-STANDARDS-FULL-FINAL.PDF.ASPX?LANG=EN-US](http://education.ohio.gov/getattachment/topics/learning-in-ohio/social-and-emotional-learning/social-and-emotional-learning-standards/k-12-sel-standards-full-final.pdf.aspx?lang=en-us)