

# Social Emotional Learning

## What is social-emotional learning?

SEL is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. [CASEL](#)

## Health and Physical Educators: Take the Lead!

Health and Physical Educators are in an optimal position to implement [CASEL's](#) SEL Framework in their curriculum to create an environment where students can thrive in all dimensions of their wellness. Since there is consistency among the [CASEL Framework](#), [K-12 Physical Education Standards](#), and [Health Education Standards](#), Health and Physical Educators can take on a leadership role in integrating and promoting social-emotional learning within their classrooms, schools, and communities.

## Benefits of SEL

- Improvement in students' social and emotional skills, attitudes, relationships, academic performance, and perceptions of classroom and school climates.
- Decline in students' anxiety, behavior problems, and substance abuse.
- Long-term improvements in students' skills, attitudes, prosocial behavior, and academic performance.
- Wise financial investment according to cost-benefit research. [CASEL](#)

## CASEL's Integration Framework for SEL

1. Self-Awareness
2. Self-Management
3. Social Awareness
4. Relationship Skills
5. Responsible Decision-Making

## Resources

- [CASEL Website](#)
- [CASEL Resources](#)
- [CASEL Framework](#)
- [CASEL School wide Resources](#)
- [CASEL SEL Classroom](#)