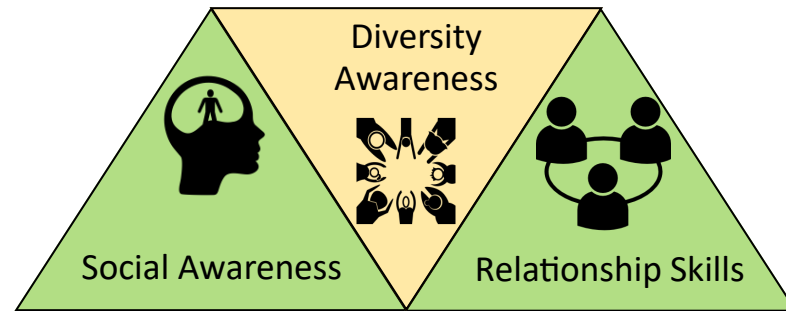
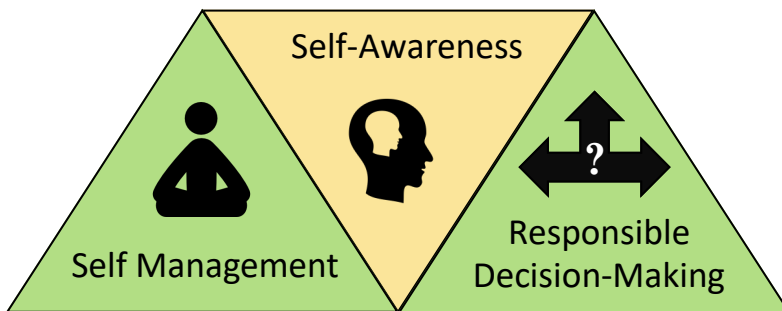


Social-Emotional Learning (SEL)
During
Out-of-School Time (OST)

Social-Emotional Learning (SEL) is the process through which we all learn to interact with others, manage our emotions and achieve goals. High-quality OST programs foster the development of important Social-Emotional skills.



Intrapersonal Skills

	Regulate and monitor own behavior, feelings and impulses; manage stress; maintain focus; achieve goals.
	Recognize and understand own personal identity and feelings
	Make constructive and respectful choices about behaviors and well-being of self and others

Interpersonal Skills

	Have empathy; understand social and ethical norms for behavior; recognize supports in family, school, community
	Consider and appreciate the diverse feelings, perspectives and personal contexts of others
	Use effective communication and collaboration skills to establish and maintain positive, productive relationships

Social-Emotional Learning (SEL) During Out-of-School Time (OST)

Research shows that programs must be high-quality to successfully support Social-Emotional outcomes. High-quality elements include: safe and supportive environments; active and engaged learning; youth voice and leadership; intentional skill building; and more!

Why is SEL Important?



SEL supports student learning & prepares youth to be successful by furthering their:

	Academic Competence
	Engagement in School and Community
	College & Career Readiness
	Productive Careers
	Healthy Relationships, Healthy Lives
	Socially conscious, engaged citizens

How Can We Teach, Model and Support SE Skills?

- Commit to a shared vision of child and youth success
- Use a common vocabulary when discussing SEL
- Intentionally teach SE skills
- Build on existing programs & services
- Share and implement consistent learning strategies
- Recognize & honor learning in and out of the classroom
- Talk about, and act upon, ideas for collaboration & collective impact

With SEL, Our Children and Youth Learn To:

- | | |
|--|--|
| Share and take turns | Take responsibility for their behavior |
| Listen to others  | Empathize and take others' perspectives |
| Share thoughts and opinions | Set and achieve positive goals  |
| Feel valued and value others | Manage and communicate emotions |

Engage constructively during cooperative activities