# The Power of Strong Social and Emotional Skills

## **STUDENTS BENEFIT**

- Better social and emotional skills.
- Improved attitudes about self, others, school.
- Positive classroom behavior.
- 11 percentile-point gain on standardized achievement tests.
- Fewer behavioral problems.
- Less emotional stress.
- Lower drug use.

### **EDUCATORS BENEFIT**

- Stay in the classroom longer.
- Develop nurturing relationships with students.
- Serve as role models for students.
- Manage their own emotions.

## **STRONG RETURN ON INVESTMENT**

• The investment into social and emotional skills is 11:1, meaning for every dollar invested, there is an \$11 return. Savings are from costs not needed for intervention.



## **Additional Resources:**

For more information about social and emotional skills, please visit the following websites:

#### **CASEL Interactive SEL Wheel:**

https://tinyurl.com/SELwheel

#### **Michigan Department of Education:**

www.Michigan.gov/mde-sel

#### **Professional Development:**

This free course will provide educators with a foundational understanding of social and emotional skills. https://tinyurl.com/learnSEL





This is the work of the Reduce Access to Substances Action Team, one of the 12 Northwest CHIR's Behavioral Health Initiative Action Teams. Action Teams consist of cross sector partners willing and able to take action collectively and supported by the CHIR BBO staff. Learn more about the CHIR and the Behavioral Health Initiative, and stay connected by subscribing through the link below.

> CHIR: https://northernmichiganchir.org/

Content source: CASEL, the Collaborative for Academic, Social, and Emotional Learning | www.CASEL.org

# STRONG COMMUNITIES



## We need your help!

Our kids need YOU to help them be successful and navigate difficult times in life.



# BUILDING BLOCKS for Social & Emotional Growth

There are five skills or competencies that are key to learning and human development. They are based on a set of recommendations from the Collaborative for Academic, Social, and Emotional Learning (CASEL). These competencies can be learned across diverse cultural contexts and are important from early childhood to adulthood.

**Self-Awareness:** Understanding one's own emotions, thoughts, and values and how they influence behavior across contexts.

Self-Management: Managing one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Social Awareness: Understanding the perspectives of and empathizing with others. including those from diverse backgrounds, cultures, and contexts.

Relationship Skills: Establishing and maintaining healthy and supportive relationships and effectively navigating settings with diverse individuals and groups.

Responsible Decision-Making: Making caring and constructive choices about personal behavior and social interactions across diverse situations.

Children matter. You matter. Learn the CASEL 5!

# **How Can You Support Social Skill Development?** Families

COMMUNITIES

SCHOOLS

LASSROOMS

Social & Emotional

Learning

Relationship Skills

Authentic Partnerships

Aligned Learning Opportunities

Instruction & Classroom Schoolwide Culture, Practices & Policie

Self

Management

Responsible

Decision-

Making

Self-

Awareness

Social

Awareness

Classrooms, schools, families and caregivers, and communities all have a role to play in increasing social and emotional competencies. In all settings, three key practices that support positive relationships and skill development include:

Volunteer in the community

Involve your child in age-appropriate decision making and problem solving

Listen to what your child has to share AMILIES & CAREGIVERS

Foster development of social skills

project-based learning

Support positive peer relationships

Integrate cooperative and

Welcoming Activities and Greetings

Teachers

Engaging Activities and Active Listening

Thoughtful Conclusions to Interactions

schools

Engage in two-way

communication with families

Build strong school and family partnerships

Create a culture of belonging

Community 'oring or 'ams all Participate in tutoring or mentorship programs

Assure basic needs of all children are met

Facilitate lifelong learning

ABOVE: CASEL Wheel, ©2021 CASEL. All Rights Reserved. [https://casel.org/ fundamentals-of-sel/what-is-the-casel-framework]