

SOCIAL EMOTIONAL LEARNING

At Moye Elementary, we are devoted not only to our student's academic success, but also their social and emotional well-being. Our school is part of EPISD's Social Emotional Learning (SEL) 21st Century model of educating initiative. We have implemented SEL throughout our campus and curriculum. Teachers have been trained by our SEL team on activities and practices that promote social emotional learning



Five Core Competencies

- **Self-awareness:** The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.
- **Self-management:** The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.
- **Social awareness:** The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.
- **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
- **Responsible decision making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others." (<http://www.casel.org/social-and-emotional-learning/core-competencies>)

What is SEL?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. –www.casel.org

All of our teachers practice SEL in their classrooms by having students participate in morning meetings every day! Morning meetings or Community Circles consist of different discussion topics simply from what a child did the day before, reading a book or going to the extent of serious topics such as how to deal with a conflict.

"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity..." ~Dave Chief, Oglala Lakota~

