

## What is Social-Emotional Learning (SEL)?

Social-Emotional Learning helps us grow as individuals by developing an understanding of ourselves and others based on our unique and shared experiences.



It is the foundation for **how we shape our character, emotional health, behavioral responses, motivations, and critical thinking skills.** It is also the catalyst for understanding the perspectives of others, forming our capacity for empathy, weighing ethical and moral dilemmas, and creating healthy, meaningful relationships. SEL promotes equity by teaching us how to stand up when we witness injustices.

Ultimately, it is the roadmap that guides our growth potential as human beings and as a society.

## Why is SEL important?

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), **SEL improves students' mental health, academic performance, and social relationships.**

These findings are seen lifelong, as research also states higher levels of well-being up to 18 years later as well as less chance of living in or being on a waiting list for public housing, receiving public assistance, having involvement with police before adulthood, and spending time in a detention facility.

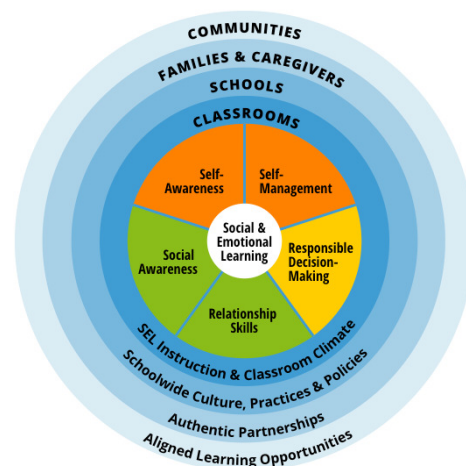
SEL truly impacts every aspect of a student's life now and in the future.



### Our Approach

Our ready-to-teach e-curricula provides the roadmap to maximize students' potential. All teaching tools are provided digitally to maximize the outreach of information to teachers, students, parents, and teacher aides.

**Our curriculum follows the CASEL integrated framework and teaches the five core competencies seen in the visual wheel on the right.**



We've also aligned our materials to the **Illinois Board of Education's Social-Emotional Learning standards**, a leader in the field who, along with CASEL, drafted standards, goals, age-appropriate benchmarks, and performance descriptors.

Now more than ever, **Trauma Infused SEL provides learners with the tools and strategies they need to respond to trauma.** Trauma Infused SEL does not replace intervention but supports it. Providing targeted support is of crucial importance in a post-pandemic world.

With support throughout every stage of learning, from introduction to real-life application, Everyday Speech instills confidence in SEL development that will help students shape healthier, happier, and fulfilling futures.