Framework for Systemic Social and Emotional Learning

Systemic SEL is promoted across multiple contexts every day. SEL is more than just a program or lesson. It is about how teaching and learning happens, as well as what you teach and where you learn. CASEL’s widely used framework identifies five core competencies that when prioritized across settings – districts, schools, classrooms, families, and the wider community – can educate hearts, inspire minds, and help students navigate the world more effectively.

Self-awareness: Know your strengths and limitations, wisdnsello 0 T 0 w 4 0.005 52j0.004 T -0.00gw]Td [(T 0f) 1.v-2(52j8enily)(490 0 12)ET ot e 0 0.004 T 6)2(-)106 d [( )2j8)T0(nsa)0 (9.04ur-0.00 d[9 -1.-0