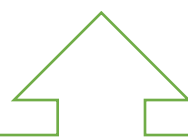


# SOCIAL EMOTIONAL LEARNING & DEVELOPMENT

The Skills We Build

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.

These 5 core competencies to social and emotional learning and development are essential to the short-term and lifelong success. SEL is not a single program or teaching method. It involves coordinated strategies at school at home and in the community!



## hall achievers skills focus

*listening ~ starting a conversation ~ asking a question ~ saying thank you ~ introducing yourself ~ introducing other people ~ giving a compliment ~ asking for help ~ apologizing ~ knowing your feelings ~ expressing your feelings*

## About Hall Achievers Small Group Series™

Building Blocks of our Social Skills Curriculum



We envision a school system where mastering an SEL curriculum, is as critical to a students' overall Educational achievement as ELA, Mathematics, science and the arts!

Hall Achievers P.E.C. and the Small Groups Series™ use **S.A.F.E** practices for designing and facilitating Social-Emotional Learning and activities.

Research proves that programs applying the 4 S.A.F.E. practices to the foundation of their after-school programming, see the greatest overall improvement in Social and Emotional skills and development:

- (S) Sequenced step-by-step training approach,**
- (A) An emphasis on active forms of learning by having youth practice new skills**
- (F) Focused specific time and attention on skill development and**
- (E) Explicit in defining the skills we attempt to promote.**

**The answer to our society's toughest problems...**

Empowering tomorrow's leaders with the skills to influence the world!