

#SELday

March 10, 2023

KDE encourages schools and districts to participate in International SEL Day on March 10, 2023, and has created a resource that can be used for children, adolescents and adults. [CASEL \(Collaborative for Academic, Social and Emotional Learning\)](#) addresses five interrelated competences: self-awareness, self-management, social awareness, relationship skills and responsible decision-making. The activities below focus on self-management and relationship skills.

	Self-Management The abilities to manage one’s emotions, thoughts and behaviors effectively in different situations and to achieve goals and aspirations.	Relationship Skills The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
	Self-Management includes: <ul style="list-style-type: none"> • Managing one’s emotions. • Using stress management strategies. • Exhibiting self-discipline. • Using planning and organizational skills. • Showing the courage to take initiative. 	Relationship skills includes the capacity to: <ul style="list-style-type: none"> • Communicate clearly. • Listen actively. • Cooperate. • Work collaboratively to problem-solve and negotiate conflict constructively. • Provide leadership.
Children	Lead discussions about positive, age-appropriate ways we can express our feelings (e.g., put our feelings into words, draw a picture or write about how we feel, create an art or media project, show our feelings through dance).	Students think of ways that they have shown kindness towards others then draw or write about it.
Adolescents	Have students brainstorm age-appropriate ways to motivate themselves.	Teach lessons on the importance of forgiveness. Read literature and discuss characters who learned to forgive.
Adults	Routinely practice self-management techniques as a regular part of one’s day (e.g., practice deep breathing exercises throughout your workday).	Practice active listening throughout one’s day by 1.) listening for the total meaning, 2.) responding to the other person’s feelings, and 3.) noting nonverbal cues.
Additional Resources	<ul style="list-style-type: none"> • Download free character strengths posters • Managing Emotions in Times of Uncertainty & Stress • Greater Good Science Center keys to well-being 	<ul style="list-style-type: none"> • Sympathy vs. Empathy (3-minute video) • Simple strategies to take control of your social media use • Relationship Skills for adolescents

*Some strategies are adapted from this CASEL resource [“Sample Teaching Activities to Support Core Competencies of Social and Emotional Learning”](#)

The following resources are available at no cost:

Audience	SEL Resources or Activities
Teachers	<ul style="list-style-type: none">• Adult SEL Toolkit
School leaders	<ul style="list-style-type: none">• CASEL district resource guide• The CASEL Guide to Schoolwide Social and Emotional Learning• SEL frameworks and how they connect
Students	<ul style="list-style-type: none">• Harmony SEL curriculum (PreK-6)• InspirED bank of SEL activities - Yale Center for Emotional Intelligence (K-12)• Kindness Curriculum - UW-Madison Center for Healthy Minds (Pre-K-2)
Parents	<ul style="list-style-type: none">• SEL for Parents – Video from CASEL• 10 Ways Parents Can Bring Social-Emotional Learning Home• Practical Things Families Can Do at Home to Support Social-Emotional Learning