

The Power of Strong Social and Emotional Skills

STUDENTS BENEFIT

- Better social and emotional skills.
- Improved attitudes about self, others, school.
- Positive classroom behavior.
- 11 percentile-point gain on standardized achievement tests.
- Fewer behavioral problems.
- Less emotional stress.
- Lower drug use.

EDUCATORS BENEFIT

- Stay in the classroom longer.
- Develop nurturing relationships with students.
- Serve as role models for students.
- Manage their own emotions.

STRONG RETURN ON INVESTMENT

- The investment into social and emotional skills is 11:1, meaning for every dollar invested, there is an \$11 return. Savings are from costs not needed for intervention.



Additional Resources:

For more information about social and emotional skills, please visit the following websites:

CASEL Interactive SEL Wheel:

- <https://bit.ly/35q9GQ3>



Michigan Department of Education:

- www.Michigan.gov/mde-sel



Professional Development:

This free course will provide educators with a foundational understanding of social and emotional skills.

- <https://bit.ly/3tTO0VQ>



This is the work of the Reduce Access to Substances Action Team, one of the 12 Northwest CHIR's Behavioral Health Initiative Action Teams. Action Teams consist of cross sector partners willing and able to take action collectively and supported by the CHIR BBO staff. Learn more about the CHIR and the Behavioral Health Initiative, and stay connected by subscribing through the link below.

CHIR:

<https://northernmichiganchir.org/>



Content source: CASEL, *the Collaborative for Academic, Social, and Emotional Learning* | www.CASEL.org

STRONG SOCIAL SKILLS STRONG COMMUNITIES



We need your help!

Our kids need YOU to help them be successful and navigate difficult times in life.



BUILDING BLOCKS for Social & Emotional Growth

There are five skills or competencies that are key to learning and human development. They are based on a set of recommendations from the Collaborative for Academic, Social, and Emotional Learning (CASEL). These competencies can be learned across diverse cultural contexts and are important from early childhood to adulthood.

- Self-Awareness:** Understanding one's own emotions, thoughts, and values and how they influence behavior across contexts.
- Self-Management:** Managing one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
- Social Awareness:** Understanding the perspectives of and empathizing with others, including those from diverse backgrounds, cultures, and contexts.
- Responsible Decision-Making:** Making caring and constructive choices about personal behavior and social interactions across diverse situations.
- Relationship Skills:** Establishing and maintaining healthy and supportive relationships and effectively navigating settings with diverse individuals and groups.

Children matter.
You matter.
Learn the CASEL 5!



How Can You Support Social Skill Development?

Classrooms, schools, families and caregivers, and communities all have a role to play in increasing social and emotional competencies. In all settings, three key practices that support positive relationships and skill development include:

- Welcoming Activities and Greetings
- Engaging Activities and Active Listening
- Thoughtful Conclusions to Interactions

