

SOCIAL EMOTIONAL LEARNING

for all ages & stages





LET'S TALK ABOUT...

01

The What & Why

What is SEL? Why should we think about it in libraries?

02

Talking About SEL

Furthering understanding of what SEL is and what it isn't

03

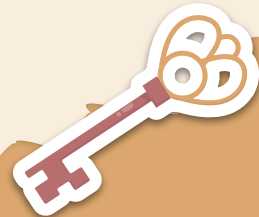
The How

How can library staff utilize practical SEL strategies for all ages?

04

Resources

Books, links, webinars, podcasts, etc. to learn more



01

The What & Why

What is SEL? – Why should we think about it in libraries?

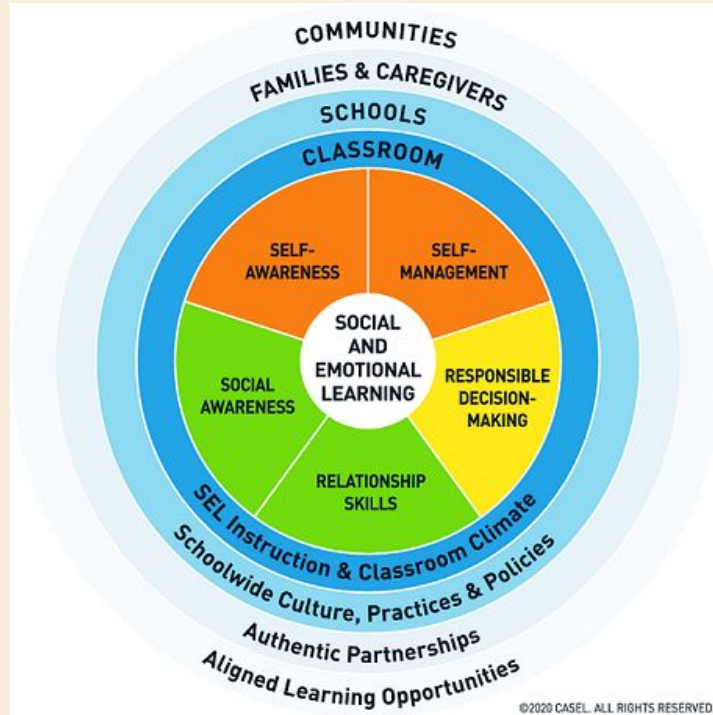


SOCIAL EMOTIONAL LEARNING

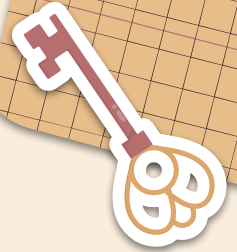
The process of continuously developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.



CASEL SOCIAL EMOTIONAL LEARNING FRAMEWORK



THE EVIDENCE FOR WHY



School/Work

Bolsters academic & career performance

Mental Health

Protects emotional well-being

Relationships

Supports positive social behaviors

Resilience

Improves effective stress management

Civic Engagement

Increases involvement in the community

Holistic Growth

Development of the whole person

02



Talking About SEL

Furthering understanding of
what SEL is and what it isn't



IDEAS?

How would you describe programs & services that include SEL in ways that make SEL more understandable & accessible for all?



EXPAND YOUR VOCABULARY

Phrases to consider using:

- Learning about others' experiences
- Getting to know yourself & others better
- Problem solving in different environments
- Overcoming challenges together
- Practicing engaged citizenship
- Making responsible decisions
- Setting goals & working towards them
- Communicating with others successfully



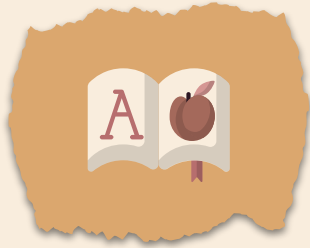
03

The How

How can library staff utilize practical SEL strategies for all ages?



AN INTEGRATED APPROACH



Bring
intentionality
to what you do



Add small
opportunities to
something old



Create
something
exciting & new

**“The limits of my language mean
the limits of my world.”**

-Ludwig Wittgenstein

What is your emotional
vocabulary?

How can we expand this vocabulary
in our daily practice?



LET'S BRAINSTORM!



Pre-school
(0 to 5)



T(w)eens
(11 to 17)



Children's
(6 to 10)



Adults
(18+)



04

Resources

We love our resources!

To learn more:

WEBINAR: [Social Emotional Learning in the Library](#) (free PLA series)

BOOK: [Social-Emotional Learning & the Brain: Strategies to Help Your Students Thrive](#) by Marilee Sprenger

PODCAST: [Neuroscience Meets Social and Emotional Learning](#) with Andrea Samadi



THANKS!

Credits: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik**

