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Why is Social-Emotional Learning (SEL) Important? Tips on Implementing SEL Principles at Home, in School, and in the Community

<https://www.accreditedschoolsonline.org/resources/social-emotional-learning/>

Social-emotional learning is a broad term referring to how students regulate their emotions, communicate with others, use compassion and empathy to understand the needs of other people, build relationships and make good decisions. This website has evidence about the importance of SEL and links to lots of resources for building social-emotional competence in early elementary students.

The Pyramid Model for Promoting Social and Emotional Competence in Infants and Young Children

<https://challengingbehavior.cbcs.usf.edu/Pyramid/overview/>

A great starting point for learning about social emotional competence is the Pyramid Model. This website provides an overview of Pyramid Model organization, tiers, and research, as well as connections to additional resources. Additional resources on key components of teaching social and emotional skills – friendship skills, emotional literacy, self-regulation and anger management, and problem solving – are readily available by using the search feature at the National Center for Pyramid Model Innovations website.

(<https://challengingbehavior.cbcs.usf.edu/resources/>).

Emotional Literacy and Problem Solving for Children

<https://uconnucdd.org/wp-content/uploads/sites/3346/2021/08/Emotional-Literacy-and-Problem-Solving.pdf>

This brief overview offers ideas and resources for addressing these two components of social emotional learning for young children. To discover additional resources for building the components of SEL for young children through children’s books, access the Center on the Social and Emotional Foundations of Early Learning Book Nook. (<http://csefel.vanderbilt.edu/resources/strategies.html>).

Fundamentals of SEL

<https://casel.org/fundamentals-of-sel/>

This Collaborative for Academic, Social, and Emotional Learning (CASEL) website provides information about the importance of social and emotional learning (SEL) in schools. Topics include the research basis for SEL, how SEL supports equity, and CASEL’s widely accepted framework of social and emotional learning competencies.

Small Children Have Big Feelings

<http://talkingisteaching.org/big-feelings> (English)

<http://talkingisteaching.org/grandes-emociones> (Spanish)

When you talk, read, and sing with a child in sensitive, loving, and responsive ways, you build their brain and help them develop the social-emotional skills they need to succeed in school and life. Check out these videos with tips for understanding and managing a child’s behavior, and taking care of yourself during challenging moments, too!

Gumdrop: Sesame Street: Common and Colbie Caillat Sing “Belly Breathe” with Elmo

https://www.youtube.com/watch?v=_mZbzDOpyIA

A fun example of how to teach the emotional regulation strategy of deep breathing to children. For more support in teaching SEL skills from our friends at Sesame Street check out their videos on Empathy, Growth Mindset, Impulse Control, Self-Regulation, Conflict Resolution, and Being an Upstander.

Natural Resources is a free, monthly, one-way listserv. Each issue features readily available and free resources on a specific topic related to children from birth through Grade 3 and their families. Natural Resources is compiled and distributed by Camille Catlett. Resources in Spanish are highlighted. Past issues are archived at

<https://scriptnc.fpg.unc.edu/natural-resources-monthly-newsletter> To subscribe or unsubscribe, please contact Camille Catlett at camille.catlett@unc.edu