



## Social-Emotional Learning (SEL) is...

*SEL is...thinking about how others are receiving what you're saying.*

*SEL is...being aware how your emotions affect your day.*

*SEL is...realizing you can make someone's day by praising them.*

*SEL is...working collaboratively with others to solve problems.*

*SEL is...consciously deciding to be your ideal self, minute by minute.*

*SEL is...knowing that a positive climate makes achieving goals more likely.*

*SEL is...recognizing your thoughts as negative or positive several times a day.*

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