# When teachers institute Social and Emotional programs it helps to manage the classroom.

When kids feel good about themselves and their peers, they are less likely to act out or be disruptive. School wide SEL programs help young students build skills for managing stress with less incidence of depression and anxiety as they continue to grow and develop throughout their lives.





## Implementing SEL doesn't have to be difficult.

Schools can develop SEL initiatives by following some simple steps:

### START INTENTIONALLY:

Thoughtful ways to begin your month, your week, and your day related to the month's character trait!

#### ENGAGE RELATIONALLY:

Activities that get students connecting, playing, and engaging with a focus on the monthly character trait!

#### RESPOND WITH EMPATHY:

Tools to get students thoughtfully re-focused to best meet their social, emotional, and physical needs throughout a day.

#### VALUES PRACTICED:

Experiential learning designed to put abstract values into practical action so students can better understand each character trait.



