

Runnemed School District

Social-Emotional Learning Newsletter

September 2025



WHAT IS SOCIAL-EMOTIONAL LEARNING

Social-Emotional Learning (SEL) is the process of developing the self awareness, self control, and relationship skills that are vital for school, work, and life success. Check out **CASEL's SEL framework** that focuses on 5 specific competencies.



FOCUS OF THE MONTH...

Self-Awareness

involves recognizing our own feelings, strengths, and preferences, and building confidence in who we are.



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TRY THIS AT HOME

Create a **"Feelings Mirror" game**. Stand with your child in front of a mirror and make different faces that show emotions like happy, sad, mad, and surprised. Encourage your child to copy you and name each feeling.



HELPFUL RESOURCES

PBS Kids – Daniel Tiger's Neighborhood "Feelings" Games

Sesame Street in Communities – Understanding Feelings

