

# 5 reasons why **SOCIAL & EMOTIONAL LEARNING** matters for every child

- 1 Social & emotional learning (or SEL) is essential to every child's education.** It has been proven to help children achieve their academic potential, build strong relationships and lead healthy and successful lives.
- 2 SEL supports children facing additional challenges.** Helping children understand and manage their emotions can improve behaviour and reduce emotional distress.
- 3 SEL is also good for staff.** Research suggests it can lead to better relationships between teachers and children, lower stress levels, and higher job satisfaction.
- 4 Teachers know SEL is important.** 380 of 400 primary schools we surveyed told us that SEL was a priority for them.
- 5 School-wide approaches to SEL** are consistent with the new requirements for Relationships, Sex and Health Education.

## WHAT IS SOCIAL & EMOTIONAL LEARNING?

“**Social & emotional learning (SEL) is the process through which children learn to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.**”

Weissberg et al, 2015