

A Belmont Public School Family's Guide to Social Emotional Learning (SEL)

Fall 2022

What is SEL?

Social and Emotional Learning (SEL) can be defined as the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to:

- understand and manage emotions
- set and achieve positive goals
- feel and show empathy for others
- establish and maintain positive relationships
- make responsible decisions

Research shows that it is important for students to see and hear consistent messages, both from the adults they encounter at school and beyond the school day.

www.casel.org



What is BPS Doing?

Belmont Public Schools is implementing SEL through the following:

- teacher professional development
- adapting curriculum to better suit our students' needs

Elementary School

Two different curriculums are used and usually taught in two 15 minute lessons a week:

- Second Step: Wellington, Butler, and Winn Brook
- Open Circle: Burbank

Both focus on the following:

- empathy
- problem solving-skills
- collaborative skills
- relationship skills
- managing emotions

Middle/High School

Instruction on specific skills takes place primarily in health and wellness classes, although it is also included in other classes, such as when teaching students the skills necessary for effective collaboration.

