

SEL NEWSLETTER

WHAT IS SEL AND WHAT DOES IT LOOK LIKE



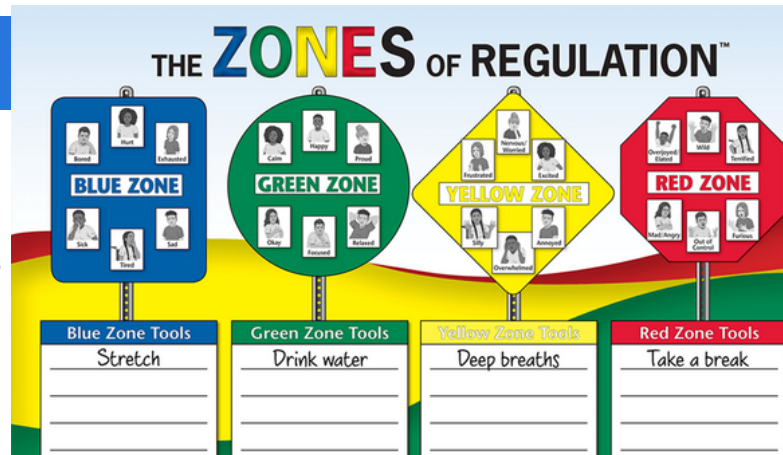
WHAT IS SEL

Social-emotional learning (SEL) is the process of developing self-awareness, self-management, and interpersonal skills that are vital for school, work, and life success. SEL may be activities, lessons or programs that increase positive attitudes, commitment to learning, emotional and intellectual curiosity, social competencies, and positive identity.

TIER 1 INTERVENTION AT MIDDLETON: EVERYDAY SPEECH IS A SOCIAL LEARNING PLATFORM THAT PROVIDES A COMPREHENSIVE AND ENGAGING VIDEO-BASED SOCIAL-EMOTIONAL LEARNING CURRICULUM FOR ALL STUDENTS. VIDEO MODELING IS AN EVIDENCE-BASED STRATEGY USING VIDEO RECORDINGS TO MODEL A DESIRED SKILL.

THE ZONES

The Zones of Regulation is a tier 1 intervention used at Middleton. This curriculum aims to teach children strategies to help them cope with strong feelings so they can get back to feeling calm and ready to learn. These coping strategies are called self-regulation. No zone is considered “bad” but we want to identify our emotions. You can use this at home through modeling behaviors, identifying appropriate tools to use, and reference the zones visual.



[Link for learning more about the Zones and at home](#)
[Link for the Zones Poster](#)