The Dallas ISD Approach to Social and Emotional Learning (SEL)

Social and Emotional Learning (SEL)
Social and Emotional Learning (SEL) builds the **skills, knowledge, and attitudes** that both students and adults need to be successful in school, work, and life. They include things such as knowing and controlling your emotions, teamwork, understanding others, making positive choices, and resilience.

Our Vision: What We Hope to Achieve
A city where children and adults are prepared with the social and emotional skills to lead healthy, productive lives

Our Mission: What We’re Focused On
To foster collaborative communities that promote social and emotional development through in-school and out-of-school programs

Core SEL Competencies
The Collaborative for Academic, Social, and Emotional Learning (CASEL) has identified five key SEL competencies:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

To successfully implement opportunities for SEL skill development, it requires ongoing support and collaboration at the classroom, school, and home/community levels.
The Dallas ISD Approach to Social and Emotional Learning (SEL)

Our Work: Supporting Dallas ISD Campuses
Our team currently partners with approximately 145 schools to provide SEL implementation support with the long-term expectation that all Dallas ISD schools will shape their school climate and culture practices around SEL. Our department has identified four guiding principles for shaping our SEL approach and relevant practices to bring SEL into every learning environment.

<table>
<thead>
<tr>
<th>Guiding Principles</th>
<th>Example Practices and Tools</th>
</tr>
</thead>
</table>
| Relationships | Professional Learning Communities  
Respect Agreements |
| Environment | Community Meetings  
Mood Meters  
Morning Greetings |
| Resilience | Breathing Exercises  
Calming Areas  
Mindfulness Practices  
Ongoing Reflection |
| Engagement | SEL Integration with Learning  
Explicit Skills Curriculum  
Signature Practices  
[Welcoming Activities, Engaging Practices, and Optimistic Closures] |

DallasISD.org/SEL