INTRODUCTION
SOCIAL AND EMOTIONAL LEARNING

Kids’ Orchestra has adopted the CASEL’s Second Step Social and Emotional Learning Curriculum for grades Kindergarten through fifth grade. The following link further explains what SEL is and why it is important to the holistic development of students. Short Video:  What and Why SEL

DEFINITION:
Social and emotional learning happens when children and adults show that they understand and know how to manage their feelings, set and achieve positive musical and life goals, feel and show they care about others, develop friendships, and make good life choices.

WHY:
Studies have shown that students who develop social and emotional skills gain a better understanding of their feelings, and their peers’ feelings.

SEL 5 COMPETENCIES:

1. Self-awareness
2. Self-management
3. Social awareness
4. Relationship skills
5. Responsible decision making

Please use the Centervention Website for a variety of SEL activities: www.centervention.com.

Suggested exercises:
• Deep Breaths (Grades K-1)
• Identifying Feelings (Grades K-3)
• Coping Skills (Grades K-3)
• Musical Drawings (Grades 2-5)