SOCIAL EMOTIONAL LEARNING
for all ages & stages
LET'S TALK ABOUT...

01. The What & Why
What is SEL? Why should we think about it in libraries?

02. Talking About SEL
Furthering understanding of what SEL is and what it isn’t

03. The How
How can library staff utilize practical SEL strategies for all ages?

04. Resources
Books, links, webinars, podcasts, etc. to learn more
The What & Why

What is SEL? – Why should we think about it in libraries?
SOCIAL EMOTIONAL LEARNING

The process of continuously developing the **self-awareness, self-control, and interpersonal skills** that are vital for school, work, and life success.
THE EVIDENCE FOR WHY

School/Work
Bolsters academic & career performance

Mental Health
Protects emotional well-being

Relationships
Supports positive social behaviors

Resilience
Improves effective stress management

Civic Engagement
Increases involvement in the community

Holistic Growth
Development of the whole person
Talking About SEL

Furthering understanding of what SEL is and what it isn’t
IDEAS?

How would you describe programs & services that include SEL in ways that make SEL more understandable & accessible for all?
EXPAND YOUR VOCABULARY

Phrases to consider using:

- Learning about others’ experiences
- Getting to know yourself & others better
- Problem solving in different environments
- Overcoming challenges together
- Practicing engaged citizenship
- Making responsible decisions
- Setting goals & working towards them
- Communicating with others successfully
03

The How

How can library staff utilize practical SEL strategies for all ages?
AN INTEGRATED APPROACH

Bring intentionality to what you do

Add small opportunities to something old

Create something exciting & new
“The limits of my language mean the limits of my world.”

-Ludwig Wittgenstein

What is your emotional vocabulary?

How can we expand this vocabulary in our daily practice?
LET’S BRAINSTORM!

Pre-school (0 to 5)

Children’s (6 to 10)

T(w)eens (11 to 17)

Adults (18+)
Resources

We love our resources!
To learn more:

WEBINAR: Social Emotional Learning in the Library (free PLA series)

BOOK: Social-Emotional Learning & the Brain: Strategies to Help Your Students Thrive by Marilee Sprenger

PODCAST: Neuroscience Meets Social and Emotional Learning with Andrea Samadi
THANKS!

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