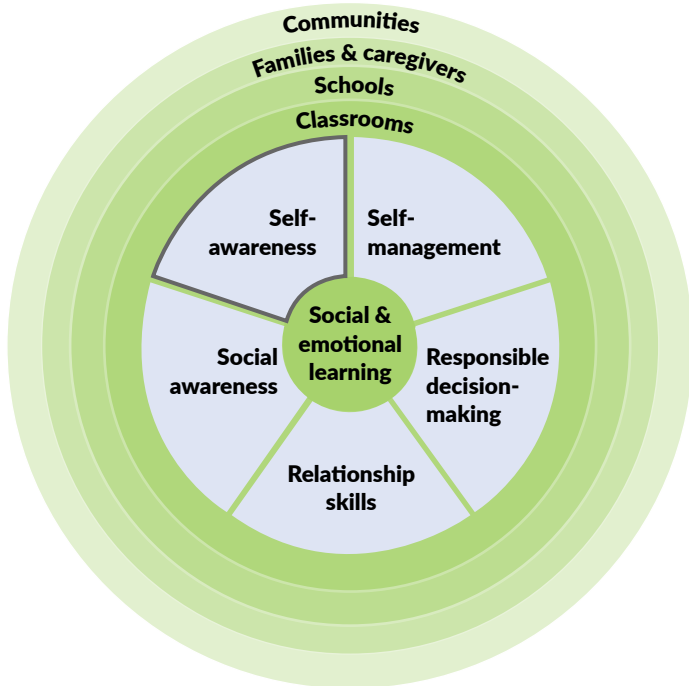


# Columbia schools focus on social and emotional learning: Here's how it works

The Collaborative for Academic, Social, and Emotional Learning is a leading force behind research, practice and policy when it comes to advocating for social-emotional learning in classrooms nationwide. Its SEL framework breaks the concept into **five key areas** and looks at how they are taught in various settings.

This infographic uses self-awareness as an example to demonstrate use of the framework. Self-awareness is the ability "to understand one's own emotions, thoughts, and values and how they influence behavior across contexts."



## Classrooms



Students journal entries on a regular basis to record their emotions. Younger students point to an emoji before each class period to express their emotions to their teacher.

## Schools



Students attend assemblies where a buildingwide common language is used, reinforcing a school culture that values emotional health.

## Families



Students read books with their caretakers, in which they attempt to identify how each character feels and empathize with them.

## Communities



School staff coordinates with community health care providers in a campaign about the importance of not only physical, but also mental and emotional health.