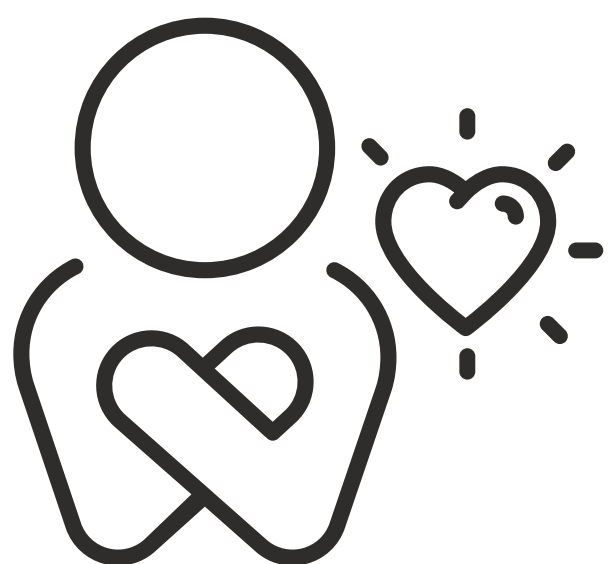


# Why Should We Care About SEL?

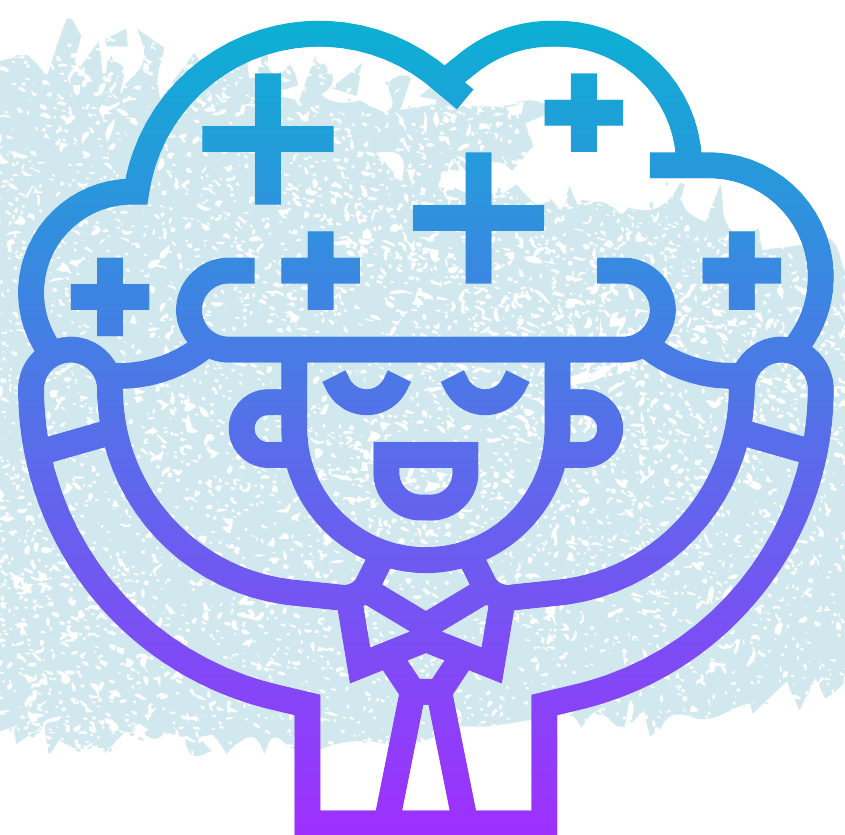


## Self - Care

SEL teaches kids how to regulate their emotions and cope with particularly strong emotions.

## Increase Social Skills and Awareness

SEL teaches kids to be more kind, empathetic, and understanding.



## Increase Positive Attitudes!

Kids who engage in SEL show long-lasting positive changes in self-care and positive attitudes towards their peers!

## Improve Academics

Students can learn to better cope with the stress of school, and improve overall academic achievement!



## It Works!

SEL is proven to work based on over 213 studies, involving over 270,000 students. Results show long-lasting improvements in social coping and academic performance.