

# Understand social and emotional learning (SEL)

A suggestion for implementing the strategy  
'Support and strengthen peer relationships'  
from the Guide: [Positive peer relationships](#)

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## **Includes:**

- SEL Framework
- Create a positive environment
- Integrate SEL into the classroom
- Support social and emotional development
- SEL and key competencies
- Useful resources

Inclusive Education

From

Guide: [Supporting positive peer relationships](#)

Strategy: [Support and strengthen peer relationships](#)

Suggestion: [Understand social and emotional learning \(SEL\)](#)

Date

15 June 2026

Link

[inclusive.tki.org.nz/guides/supporting-positive-peer-relationships/understand-social-and-emotional-learning-sel](https://inclusive.tki.org.nz/guides/supporting-positive-peer-relationships/understand-social-and-emotional-learning-sel)

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## SEL Framework



Source:

CASEL

<https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/>

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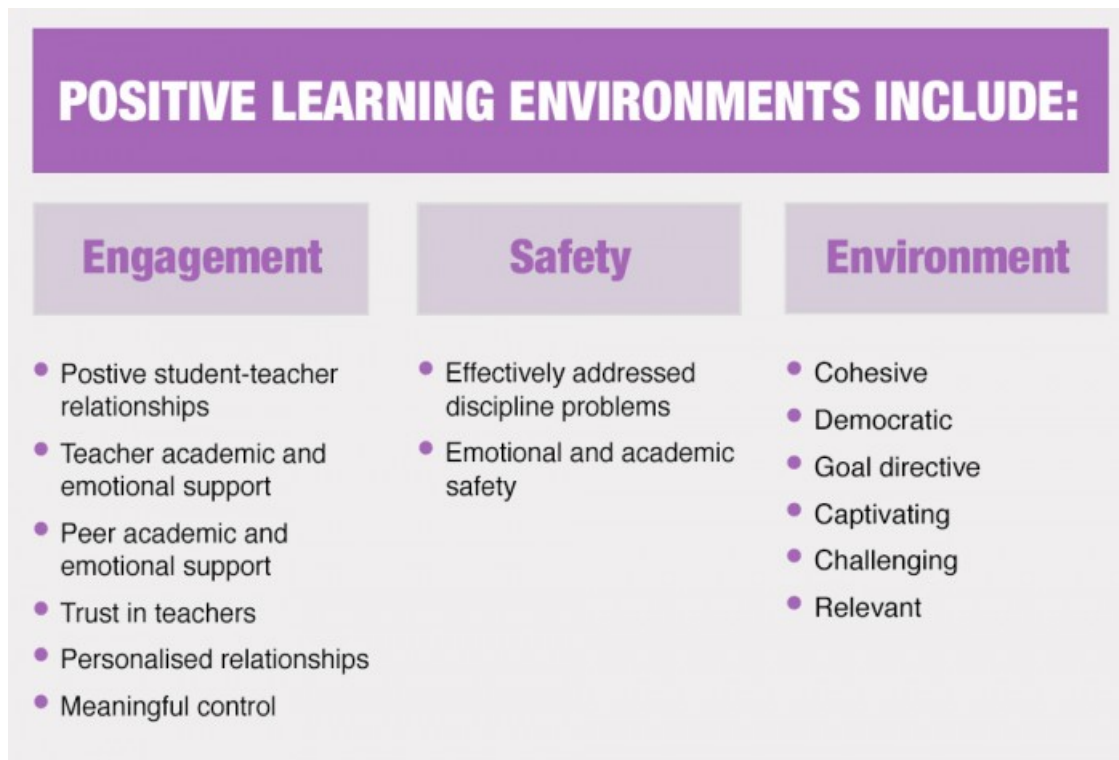
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## Create a positive environment



Source:

[Teaching the Whole Child](#)

<https://gtlcenter.org/products-resources/teaching-whole-child-instructional-practices-support-social-emotional-learning>

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# Integrate SEL into the classroom

SEL is most effective when it is part of daily classroom life.



Video hosted on Youtube <http://youtu.be/XmVhO3nL2EM>

Closed Captions

**Source:**

[Edutopia \(US\)](#)

<https://www.youtube.com/channel/UCdksaQxXH13BMeHo09MorBg>

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# Support social and emotional development

Provide targeted learning and a range of supports to support social and emotional development of students.

Begin with co-regulation, helping students recognise emotions and manage stressful situations. Reduce support as ākonga develop skills.

- ✓ Use modelling and coaching to help students recognise how they feel or how someone else might be feeling.
- ✓ Use whole class visual and verbal prompts to support awareness.
- ✓ Teach and practise conflict-resolution and cooperative skills.
- ✓ Develop problem solving skills by analysing events.
- ✓ Take a tuakana-teina approach, to build self-confidence, a sense of belonging, and enhance academic skills.
- ✓ Teach reflective listening.

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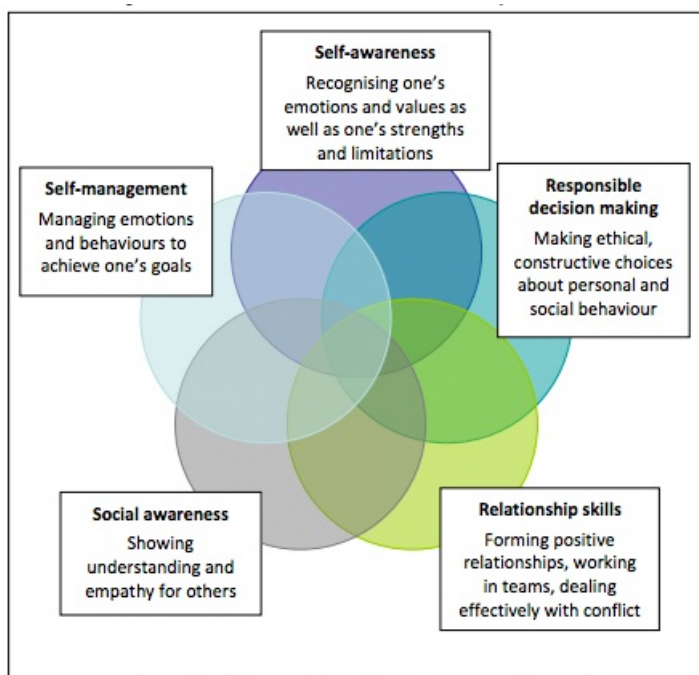
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# SEL and key competencies



\*Diagram adapted from: <http://casel.org/why-it-matters/what-is-sel/>

Source:

[Wellbeing@School](#)

<https://www.wellbeingatschool.org.nz/sites/default/files/documents/W@S-Building-social-competency-research-brief.pdf>

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## Useful resources



### What is SEL?

The Collaborative for Academic, Social, and Emotional Learning (CASEL) is the world's leading organisation advancing the practice of promoting integrated academic, social, and emotional learning (SEL) for all children from preschool to high school. Their website provides information about SEL competencies, whole school approaches for introducing and teaching SEL, and resources.

Publisher: Collaborative for Academic, Social, and Emotional

[Visit website](#)



### Big ideas | Social and emotional learning

A series of videos and student activities to support social and emotional learning for primary school students. Growth mindset, perseverance, empathy, and gratitude are the topics covered. These are part of ClassDojo. They can be accessed without having a ClassDojo account.

Publisher: Class Twist

[Visit website](#)



## Teaching the whole child: Instructional practices that support social-emotional learning in three teacher evaluation frameworks

Read time: 76 min

This research-to-practice publication, developed by the American Institute for Research, supports educators to identify teaching practices that promote student social-emotional learning. It showcases how three professional teaching frameworks embed practices that influence student academic learning and student social and emotional competencies.

Publisher: American Institutes for Research

[Visit website](#)

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