

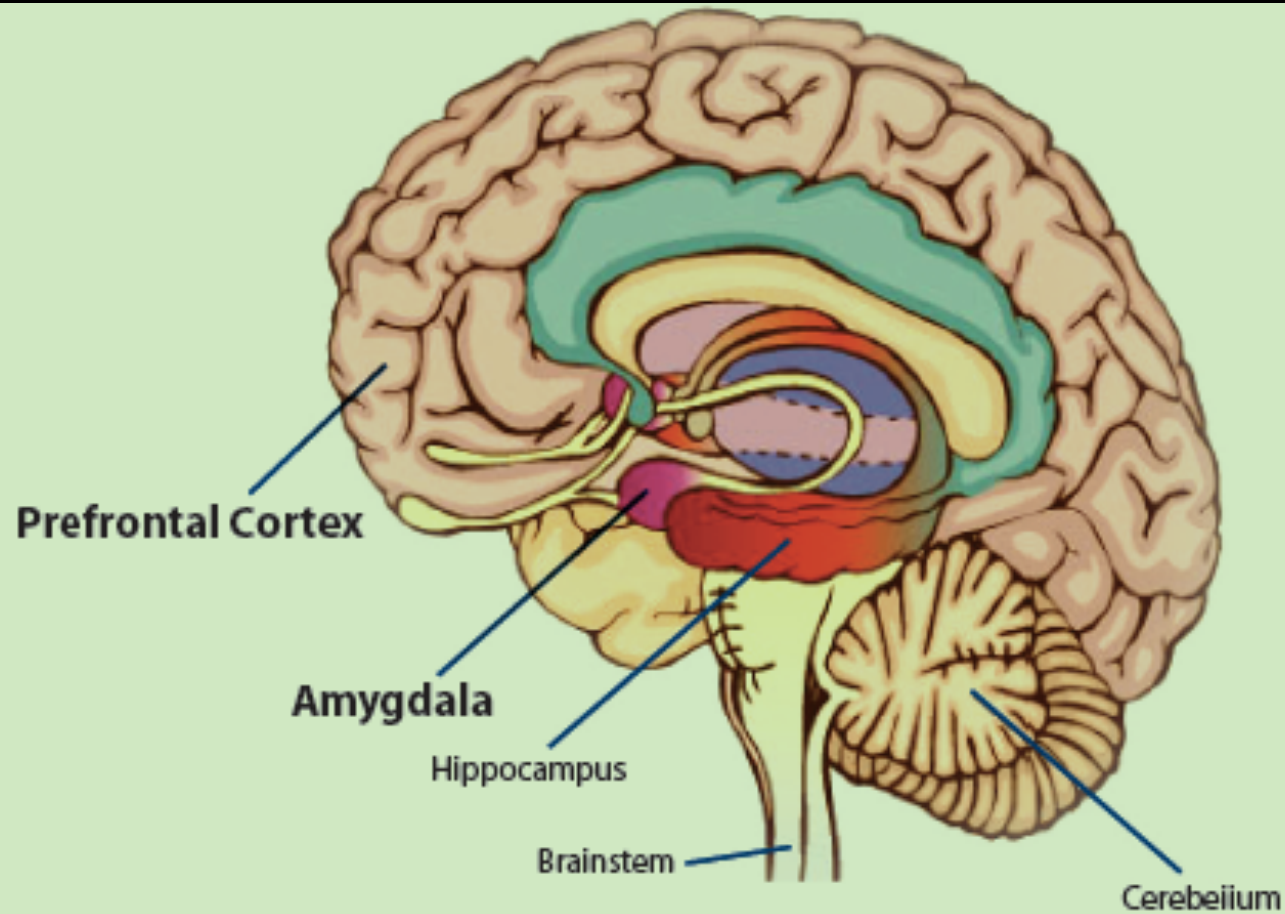
Actively Experiencing the Relationship between SEL and the BC Core Competencies



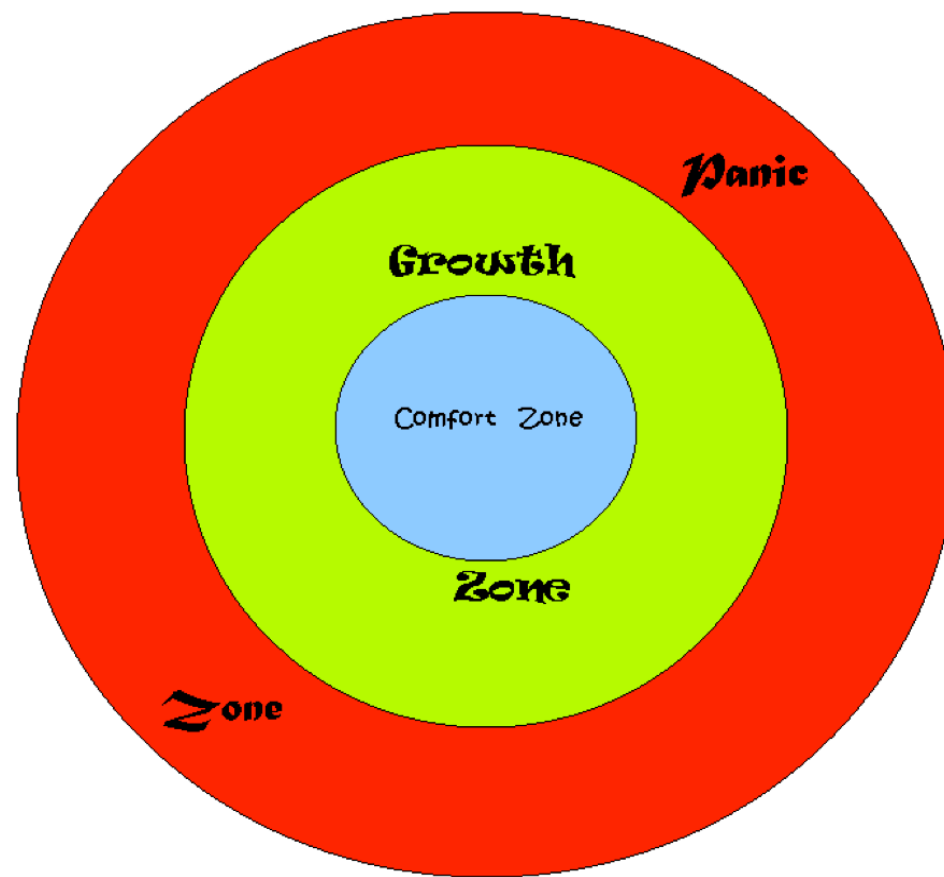
Presented by Sheldon Franken
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Please take a card from the floor that has a picture that resonates with you and find a seat.

Manage the Amygdala



Our Thinking Zones



Social and Emotional Learning (SEL)

SEL is the process whereby children and adults develop essential social and emotional skills, knowledge, and attitudes related to:

Recognizing one's emotions and values as well as one's strengths and limitations

Managing emotions and behaviors to achieve one's goals

Making ethical, constructive choices about personal and social behavior



SEL

Self-awareness

Self-management

Responsible decision-making

Social awareness

Relationship skills

Showing understanding and empathy for others

Forming positive relationships, working in teams, dealing effectively with conflict

“You can discover more about a person in an hour of play than in a year of conversation”

- Plato

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“Experiential Education is when you take the test first and then seek out learning afterwards”

-Jullian Norris, Outward Bound Canada

The Funnel Model of Debriefing

