**Secondary Guidance Lesson**

*What is SEL?*

**Objective:** *To help students understand what Social Emotional Learning is and why it is important*

**Video**: <https://youtu.be/ffS39l2nzQc>

**Activity:**

* *Show video: 2 minutes*
* *Review the 5 SEL Core Skills briefly. The detailed notes are just for teacher understanding. \*\*You don’t have to go into detail with your class unless you choose to, we will do this as the year progresses through these lessons.\*\**
	+ Self-Awareness
		- Understanding your emotions and thoughts and how they influence your behavior
	+ Social Awareness
		- The ability to take the perspective of and empathize with others.
	+ Self Management
		- The ability to regulate your emotions and behaviors in different situations and to set and work toward goals. Learning to manage stress and your time.
	+ Responsible Decision Making
		- The ability to make positive choices and take responsibility for positive and negative outcomes. Avoiding peer pressure and understanding consequences.
	+ Relationship Skills
		- The ability to establish and maintain healthy and meaningful relationships with others. Being a good friend and choosing good friends.

**Follow-up/Closing:** *Group Discussion: Talk about goal setting. What is a SEL core skill that you wish you knew more about? What is a weakness for you, what is a strength? You will not grow if you do not set goals for yourself. What is a goal you have for yourself this school year?*