



PLATTEVILLE SCHOOL DISTRICT

Social Emotional Learning (SEL)

The Platteville School District is committed to promoting engagement and supporting all students through social emotional learning (SEL). According to the Wisconsin Department of Public Instruction (DPI):

SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (para. 2).

It is essential that when providing support to all students that SEL is integrated into practice to support student achievement within school and beyond. SEL supports students in:

- Managing their feelings
- Building healthy relationships
- Navigating Social Environments

Within the Platteville School District, we believe these are critical skills in supporting life-long learning.

References:

Social and Emotional Learning. (2020, February 03). Retrieved August 10, 2020, from <https://dpi.wi.gov/sspw/mental-health/social-emotional-learning>

Department of Public Education (DPI) Social Emotional Learning (SEL) Web page:

- [DPI - Social Emotional Learning](#)

Resources:

- [Virtual Calming Room](#)
- [CDC – Stress and Coping](#)
- [CDC – Daily Life and Coping](#)
- [Mental Health First Aid](#)
- [How to create your own self care plan](#)
- [Five tips to help teens cope with stress](#)
- [Mental Health First Aid](#)

- [How to create your own self care plan](#)
- [SAMHSA's Disaster Distress Helpline](#)

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