

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

CASEL (COLLABORATIVE FOR ACADEMIC, SOCIAL, & EMOTIONAL LEARNING)

CASEL is a leading organisation in the field of Social and Emotional Learning (SEL). They are widely recognised for their comprehensive framework that defines SEL and identifies five core competencies:

WHAT?

- Self-Awareness:** The ability to understand one's own emotions, thoughts, and values and how they influence behaviour across contexts.
- Self-Management:** The ability to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve¹ goals and aspirations.
- Social Awareness:** The ability to understand the perspectives of and empathise with others, including those from diverse backgrounds, cultures, and contexts.
- Relationship Skills:** The ability to establish and maintain healthy and supportive relationships and to navigate diverse social settings effectively.
- Responsible Decision-Making:** The ability to make caring and constructive choices about personal behaviour and social interactions across diverse situations.

The **Brilliant ME! in Action** resource, alongside the Education Endowment Foundation uses the CASEL definition and the CASEL Framework as the underpinning approach.

The **CASEL approach** has a strong and constantly evolving evidence base. There are many quality resources and tools drawing on CASEL. CASEL is consistent with other aspects of wellbeing work in Cornwall including:

WHY?

- A Whole School Approach
- Boingboing Resilience Framework
- Relational practice
- Trauma aware / informed approaches

PRIMARY SEL?

- The **CASEL approach** offers flexibility and opportunities in everyday practice, including:
 - explicit teaching (through PSHE and opportunities in the wider curriculum);
 - Modelling SEL skills & coping strategies;
 - Creating a whole school ethos underpinned with a shared language supportive of safety, connectedness and belonging.



FIND OUT MORE

- [CASEL website](#)
- [Education Endowment Foundation website](#)
- [CASEL has a useful webinar introducing SEL on their website \(60 mins\)](#)

SEE ALSO

- EASEL / KERNALS
- Bronfenbrenner
- SEAL