

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

## EASEL / SEL KERNELS

**EASEL (Ecological Approaches to Social & Emotional Learning) Kernals** are bite-sized, evidence-based SEL practices (routines, games, strategies) developed by Harvard's EASEL Lab. The activities are aligned with the CASEL SEL competencies.

### WHAT?

#### Examples of kernels

- A deep-breathing exercise to help students calm down.
- "Brain Games" that help students practice executive function skills like focus and attention.
- A peer-to-peer activity where students share written praise for one another to promote prosocial behaviour and positive relationships.
- Simple debriefing questions after a social activity to help students reflect on their feelings.

### WHY?

Kernels are simple, low-cost, and easy to embed into daily routines and practices. They are intended to be flexible and adaptable to allow teachers to use in ways that meet the needs of their pupils.

### IN PRIMARY SEL?

#### Benefits

- Can be effective for a range of outcomes, including classroom behaviour, executive function, and self-regulation.
- Coincide with improvements in social-emotional skills and a reduction in disciplinary issues.
- Can be used for whole classes, small groups, or even individual students.

### FIND OUT MORE

- [Good overview](#) of Kernels
- [Excellent description / background](#)  
Including links to:
  - [Kernels collections](#) (downloadable Kernels activities)

### SEE ALSO

- CASEL
- Focussed Attention Practices (FoAPs)



# SEL KERNELS

**Building Skills for Learning and Life**