

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

ORACY

Oracy is the ability to communicate effectively through spoken language. It includes speaking and listening skills and supports both cognitive and social-emotional development.

WHAT?

“It is also a route to social mobility, empowering all students, not just some, to find their voice to succeed in school and life.” (Voice21)

The government’s 2025 curriculum review has recommended the inclusion of an Oracy Framework for all schools.

WHY?

- Strong oracy helps children express themselves, connect with others, and process emotions. It underpins SEL skills like empathy, self-awareness, and social problem-solving.
- The Oracy Framework highlights the social and emotional skills that enable successful discussion, inspiring speech and effective communication.

CASEL 5 × Cambridge Oracy Framework (SEL Skills)

SEL?

| CASEL Competency | Relevant Cambridge Oracy Framework Skills (SEL-related) | Notes |
|------------------------------------|---|---|
| Self-Awareness | Social and Emotional: Self-regulation in talk, confidence in speaking, awareness of audience and purpose. | Understanding feelings, strengths, emotions; noticing how they affect communication. |
| Self-Management | Social and Emotional: Managing turn-taking, staying on task in dialogue. Physical: Control of voice, posture, and breathing. | Managing behaviour and emotions during communication; using physical skills to stay calm and focused. |
| Social Awareness | Social and Emotional: Showing empathy, active listening, recognising others' viewpoints. Cognitive: Understanding social norms in discussion. | Understanding perspectives and responding sensitively in dialogue. |
| Relationship Skills | Social and Emotional: Collaboration, turn-taking, negotiating, resolving disagreements. Linguistic: Using language to include others, build on ideas, clarify. | Strong overlap—relationship skills are explicitly built through collaborative talk. |
| Responsible Decision-Making | Social and Emotional: Considering the impact of words on others. Articulating decisions / choices in face of, for example, peer pressure. Cognitive: Reasoning, evaluating information, weighing evidence, making justified decisions. | Thinking skills used in thoughtful discussion and making considered choices in group talk. |

FIND OUT MORE

- [Brilliant ME! in Action resource](#) - Appendix D
- <https://voice21.org>
- <https://oracycambridge.org>

