

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

SEAL (SOCIAL & EMOTIONAL ASPECTS OF LEARNING)

SEAL was a national programme introduced in England in the early 2000s to support children's social and emotional development across the whole school. It combined curriculum resources, assemblies, staff training, and a whole-school ethos approach.

WHAT?

It focused on five key areas: self-awareness, managing feelings, motivation, empathy, and social skills.

Today the [SEAL Community](https://www.sealcommunity.org), created by Jean Gross, continues to provide access to the original SEAL resources and is home to the latest research in the field and shares articles, reports and additional resources.

SEAL was a comprehensive SEL curriculum / resource and can inform SEL today. Although language has evolved the SEAL Domains and the CASEL competencies are aligned (see below)

WHY?

Both approaches are similar in that they recommend explicit teaching opportunities alongside developing whole school ethos and environment and relational approaches.

The range of SEAL materials can provide a useful starting point for planning and delivering SEL (some updating needed).

SEL?

SEAL Domain	CASEL 5 Equivalent	Focus
Self-awareness	Self-Awareness	Knowing oneself; recognising feelings, strengths, values
Managing feelings	Self-Management	Handling emotions; coping, calming, adapting
Motivation	Self-Management & Responsible Decision-Making	Goal-setting, effort, optimism, persistence
Empathy	Social Awareness	Understanding others, perspective-taking
Social skills	Relationship Skills	Communication, teamwork, resolving conflict

FIND OUT MORE

- <https://www.sealcommunity.org>

SEE ALSO

- CASEL
- RULER

There are five social and emotional aspects of learning :



self-awareness



managing feelings



motivation



empathy



social skills