



Integrating the Social Emotional Learning (SEL) Competencies into Daily Instruction

Agenda



What and Why?



NJ SEL Competencies



The 3 Key Components



Putting it All Together

Conflict Resolution

- Before you can “work things out” with someone else, you must first identify how you feel. Ask yourself:
 - Why is there a conflict?
 - How am I feeling?
- Consider options for how to deal with that feeling. Do you need to take a break? Do you need to seek help?
- Make a choice about what to do next. Will this behavior escalate or de-escalate?



The Conflict Escalator

Action Plan

Identify the first steps you will take to incorporate the 3 aspects of SEL into your class.

Pick one idea to focus on for each of the 3 areas.



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