



## Day in the Life

Social and Emotional Learning (SEL) skills play a major role in improving students' well being and academic performance. SEL is a dynamic process of learning and growth directly connected to the Helios Learner Outcomes.

Our comprehensive focus on SEL empowers the authentic practice of skills every day, across all grades. Engaging activities provide students with prime opportunities to problem solve, while discussing ethical and practical issues both in and out of the classroom.



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Students internalize skills and concepts, embracing self-motivation to initiate discussions and resolve conflict. Helios students make decisions and implement activities through language that is inclusive and respectful. By limiting blame and seeking positive solutions, Helios students' actions model the [Helios Learner Outcomes](#):

Self-Awareness

Knowledge

Cultural Literacy

Self-Management

Academic Skills

Connection

Courage

Active Learning

Belonging & Justice



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Helios' SEL Curriculum is called Self Science and is part of the [Six Seconds Model of Emotional Intelligence](#).

SEL lessons and integration are both affective and cognitive skill-based. Our SEL program is designed to incorporate different learning styles.

Teaching strategies include discussion, reflection, role-playing, drawing, building, critical and creative thinking and hands-on learning, as well as the use of silence to increase non-verbal awareness, affirmation and appreciation practices. All SEL lessons promote critical intrapersonal and social skills for students.



## Essential Skills Taught

- Recognize and identify feelings accurately as they occur and describe the situations that caused them
- Develop a positive feeling for self (self-esteem)
- Demonstrate respect, compassion and perspective-taking while socially interacting
- Respect the rights and needs of others
- Build healthy, respectful relationships by expanding the conscious repertoire of prosocial behaviors during work and play



## Essential Skills Taught

- Ask for and receive help
- Recognize the worth of others
- Describe the processes for making new friends
- Act with integrity and fairness
- Develop a friendly, welcoming attitude toward others
- Differentiate between negative and positive ways of making sure viewpoints are expressed



## Essential Skills Taught

- Identify actions that hurt others and demonstrate ways to strengthen relationships
- Recognize the need to de-escalate conflict and apply constructive approaches in resolving conflicts
- State a problem without blaming anyone
- Develop a sense of responsibility to self, classmates and society
- Accept responsibility for an accident so others don't think it was on purpose



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