

# What is Social and Emotional Learning (SEL)?

Social and Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and **manage emotions**, set and achieve **positive goals**, feel and show **empathy** for others, establish and maintain positive **relationships**, and **make responsible decisions**.



# Outcomes

## Behavioral/Academic Outcomes

Positive Social Behavior

Fewer Conduct Problems

Less Emotional Distress

Improved Academic  
Performance

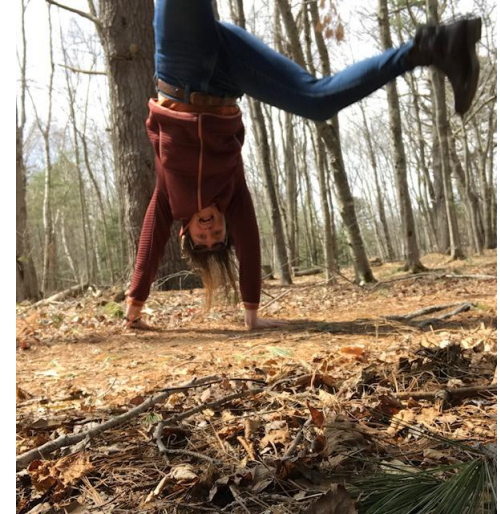


# Why Do Teenagers Need Time Outside?

Well designed outdoor activities address the 5 core Social and Emotional

Learning competencies that students need to get along with peers and adults:

- Self-Management
- Self-Awareness
- Social Awareness
- Relationship Skills
- Responsible Decision Making





# Why Take Students Outside?

Time spent in nature positively contributes to human wellbeing, and communities improve when people connect and thrive outdoors.

When we make the benefits of outdoor experiences accessible to everyone, everywhere we build stronger connections and communities.

All people should have the opportunity for positive experiences outdoors, regardless of where they live or their social or economic status

Young people deserve opportunities to learn in, thrive in and appreciate the outdoors, so they can become informed and engaged champions for our natural resources.

**And it's FUN!**

These statements are from the shared narrative [Rethink Outside](#); promoting access to the outdoors as a basic human right.



# SEL competency impacts all aspects of a teenager's life

