

Introducing SEAL

(Social-Emotional Artistic Learning)



The Inspired Classroom is excited to introduce educators to SEAL: Social-Emotional Artistic Learning!

SEAL makes the natural connections between and among all the major art forms (visual art, music, theater and dance) and Casel's social-emotional learning competencies. SEAL provides hands-on, engaging strategies for teachers and students to learn about and practice the all-important skills needed to be socially and emotionally well-adjusted.

The ARTS and Social-Emotional Competencies have natural connections!

Think about it:

When we are teaching students about arts' skills and how to apply them to their lives, we are teaching them *Self-Awareness*. When we listen to music to help regulate our emotions, we are practicing *Self-Management*. When students interact with others in drama-inspired activities, they use *Social-Awareness*. When we move and dance with one another, we build *Relationship Skills*. And throughout, we work on *Making Responsible Decisions*: for ourselves and with others.

The idea behind SEAL is that we can use arts integration strategies specifically to teach, build and practice social-emotional learning competencies. As with any true arts integration, we will teach arts standards at the same time that we teach SEL competencies.

SEAL combines two amazing approaches to learning!

Arts Integration + Social-Emotional Learning = SEAL



As you may already know, the arts are powerful for learning as they can reach us at our own personal level of understanding while expanding our understanding of other content. That's why arts integration strategies are so successful. Now, we are ready to learn ways arts integration can develop our learning about our social-emotional well-being.

The Inspired Classroom understands that our students **need** to build Social-Emotional skills. That's why we are taking on the exciting path of exploring all things SEAL!

If we dedicate ourselves to helping students build their SEAL skills, then we are building our future.

Think about the implications of improving students' SEAL:

SEAL provides

- naturally differentiated instruction for all learners.
- avenues to explore individual needs and growth.
- opportunities to work cooperatively and collaboratively with others.
- methods to express emotion and understand that emotion.
- strategies to practice social situations and how to act and react to others.
- natural connections to empathy.
- a safe and supportive learning environment where students are allowed to explore themselves and the world around them.

SEAL is important for us to introduce to our students NOW!

Join the movement and learn how to teach SEAL!

For more information including lesson plans, SEAL tools and professional development for teachers, go to teachSEAL.com.

