

# **Social Emotional Learning: Helpful Resources**

[25 Fun and Easy SEL Activities to Boost Social Skills](#)

[What is Social Emotional Learning?](#)

[Why Social Emotional Learning is so Important for Kids Right Now](#)

[How SEL Helps You as a Teacher](#)

## **FACT OF THE DAY**

Social and emotional learning can improve positive attitudes towards self and others and increase students' academic performance by 11 percentile points. (Durak et al., 2011)

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