



SOCIAL + EMOTIONAL LEARNING MATTERS

*From brain development to school success,
a better society and a stronger economy –
SEL in the early years yields benefits for life.*

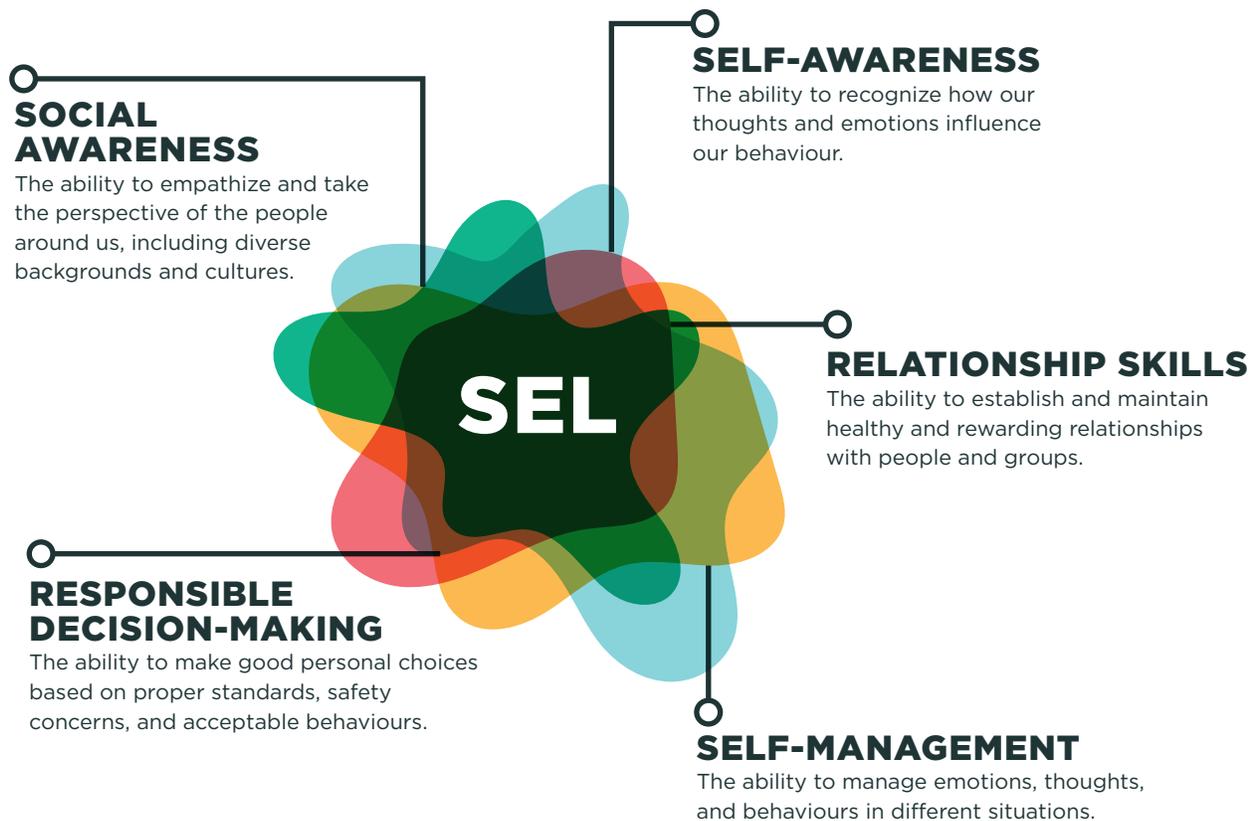
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WHAT IS SOCIAL AND EMOTIONAL LEARNING?

Social and Emotional Learning (SEL) is a critical component to the healthy development of young children - impacting how we process emotions, achieve goals, maintain positive relationships and make responsible decisions in our lives.

With the world changing rapidly around us, an increase in daily screen time and pressures to prepare young children for school has had a negative effect on their ability to develop healthy social and emotional skills. Ironically, these same skills have been shown to predict success in school, in the job market, in society and perhaps most importantly, in how young minds develop over time. These skills include:



Help us spread the word.

Learn more about the role of Social and Emotional Learning in the early years at SELMATTERS.CA, including its impact on brain development, success in school, a healthier society and a stronger economy. Now more than ever, SEL matters.