Growing up can be tough. Social & emotional learning in afterschool can make a difference.

Social and emotional learning (SEL) addresses kids’ ability to learn about and manage their emotions and interactions with others—the skills needed for success in the classroom, in the workplace, and throughout their lives.

With SEL, kids develop the skills to:

- Build Healthy Relationships
- Believe Well
- Make Good Decisions

By integrating SEL into afterschool programming, kids are able to learn and practice social-emotional skills in an engaging, flexible, and supportive learning environment.

The evidence is clear:

SEL in afterschool leads to real growth—socially, emotionally, and academically.

- 57% feel a stronger bond to school
- 58% have improved behavior
- 56% earn better grades

Research shows the powerful impact that strong, high-quality afterschool SEL programs can have on kids.

What does SEL look like in afterschool?

High-quality afterschool SEL programs combine social and emotional skills with engaging learning opportunities.

Key components include:

- Engaging activities for kids to learn and build SEL skills
- Safe space that fosters learning and growth
- Homework and academic support
- Caring adults who provide a positive influence

When kids regularly participate in quality afterschool SEL programs, they’re prepared to soar in school and in life.

Learn more about SEL at https://bit.ly/WINGS-SEL
#SELisAfterschool