

CAN-HOPE EDUCATION CONSULTANT LLC

SOCIAL & EMOTIONAL LEARNING

Everyday Learning Guide for Educators & Families

CONNECT • EXPRESS • REGULATE • RELATE

Prepared by
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Changing the World... One Teacher. One Child. One Day at a Time.

Social-Emotional Learning Begins in Everyday Moments

Social-emotional learning helps young children develop the skills they need to understand emotions, build relationships, communicate with others, and navigate everyday experiences.

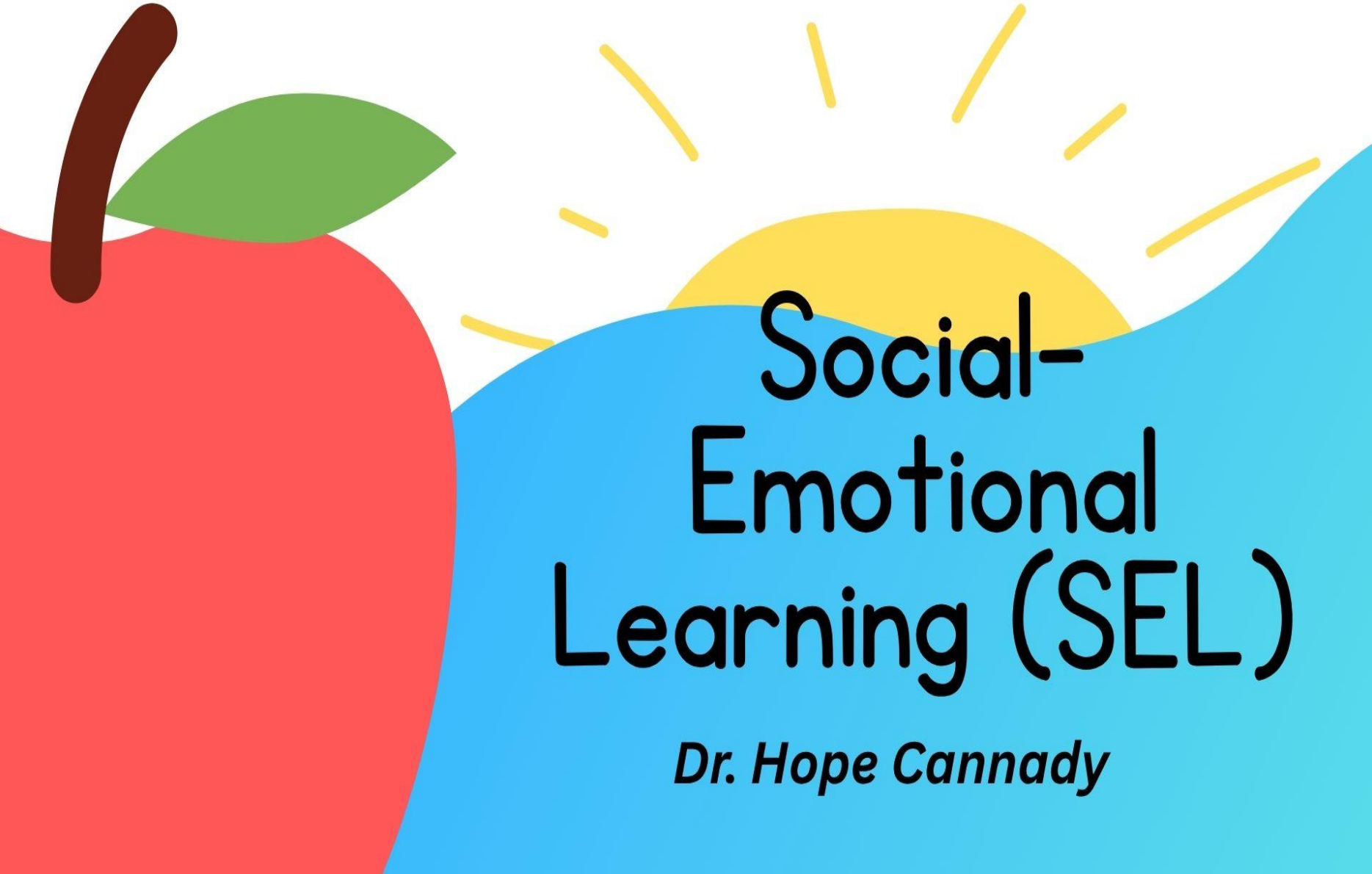
Through play, conversations, routines, and interactions with caring adults and peers, children practice expressing feelings, taking turns, solving conflicts, building friendships, and developing self-regulation.

In This Resource

- What social-emotional learning means
- What social-emotional development can look like
- Why social-emotional learning matters
- How everyday experiences support children's emotional growth

CAN-HOPE TIP:

Social-emotional learning is not separate from learning—it happens throughout the day. Everyday interactions, relationships, play, and routines give children opportunities to practice the skills they are still developing.



Social- Emotional Learning (SEL)

Dr. Hope Cannady

**Children learn to build
relationships, express
emotions, and interact with
others**



What does it look like?

- **sharing, taking turns,**
- **expressing feelings,**
- **solving conflicts,**
- **and building friendships**





Why does it matter?

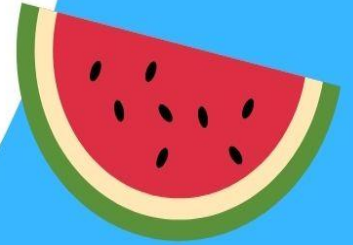
SEL helps children:

- **build confidence,**
 - **develop self-regulation,**
 - **form healthy relationships,**
 - **feel safe and supported**
- through everyday learning experiences**

**Learning to manage
emotions is part
of learning.**

Save & Share

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developmental domain.**



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