

Promoting Social and Emotional Wellbeing in and out of the Library

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Examples of SEL Practices

SEL DOMAIN	YOUNG CHILDREN	PRE-TEENS	TEENS	ADULTS
Self-Awareness	Identifying emotions	Interviewing relatives	Journaling about one's own identity	Develop self-care plan
Self-Management	Practice belly breathing	Researching actions, they can take to advance a cause	Develop stress-management strategies	Practicing mindfulness meditation
Social Awareness	Role playing activities	Celebrating Random Acts of Kindness Week	Community-based social justice project	Human Library Project
Relationship Skills	Community Circle Time	36 Questions Game	Team-based problem-solving exercises	Conversation Starter Cards
Responsible Decision Making	Classic games like Hide and Seek and Musical Chairs	Work collaboratively to identify and resolve problem at library	Journaling about one's own biases	Implicit Bias Training

SOURCES:

[Greater Good in Education](#), University of California Berkley

Planet Spark, [Why and How to Teach Decision-Making Skills to Young Kids?](#)

Collaborative for Social, Emotional, and Academic Learning (CASEL), [SEL Framework](#)

[Human Library Project](#)

SEL-Themed Books

SEL Domain		Book Themes
	SELF-AWARENESS	Books that explore personal and social identities; cultural traditions and experiences; emphasizing growth mindset; supporting emotion recognition
	SELF-MANAGEMENT	Books that explore how characters manage (or mismanage) emotions; provide stress management strategies; demonstrate courage to take initiative
	SOCIAL AWARENESS	Books on the theme of empathy and compassion; encourage perspective taking; emphasize expressing gratitude
	RELATIONSHIP SKILLS	Books on the theme of friendships and other types of relationships; promote conflict resolution skills; and encourage teamwork
	RESPONSIBLE DECISION MAKING	Books that model ethical and moral decision-making; strengthening critical thinking skills; and promoting curiosity and open-mindedness

SOURCE:
Collaborative for Social, Emotional, and Academic Learning (CASEL), [SEL Framework](#)



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