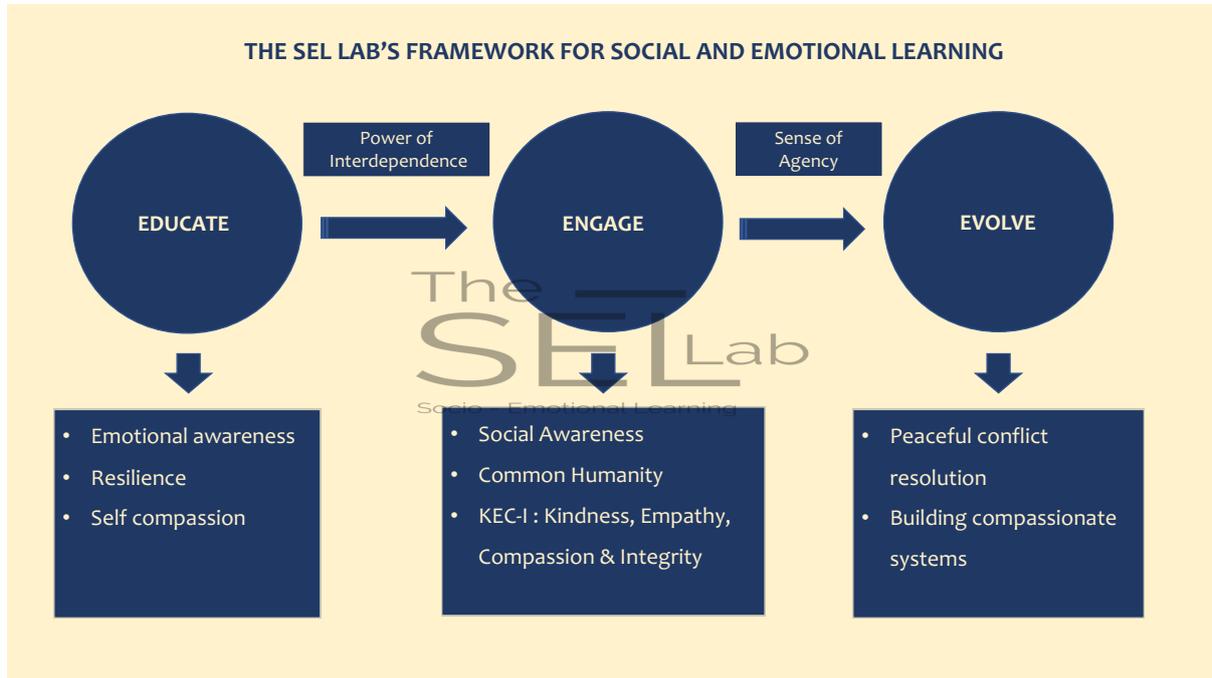


## THE SEL LAB'S FRAMEWORK FOR SOCIAL AND EMOTIONAL LEARNING



The SEL Lab's framework for Social and Emotional Learning consists of three domains: Educate, Engage and Evolve. This model comprises social and emotional skills that empower each person at the individual, community and global level.

Through the first domain, we aim to EDUCATE the self, focusing on skills that are required to understand our own emotions and values. The skills we learn in this area help individuals to become aware of their emotions, build resiliency, think critically and make responsible decisions. The aim here is to take a deep dive into the self, internalising and regulating our emotions, and learning to manage them constructively.

Thereafter, we move onto the immediate communities that we ENGAGE with. The aim of this domain is to build the inter-personal skills that help us co-exist with our socio-political realities, focusing on difference as a strength rather than as a problem. Here, we peel apart the complex layers of our social biases and stereotypes, understanding the structural and systemic violence our society faces. We understand the importance of respectful dialogues and peaceful conflict resolution, and further cultivate some of the most essential skills needed to foster peaceful living: kindness, compassion, empathy and integrity.

The last domain helps us imagine the world we would like to EVOLVE into, giving us a sense of agency to change the world around us with the skills we have acquired in the first two domains. Here, we learn the power of interdependence, and appreciate the importance of the inter-connectedness of communities. We recognise that each one of us has a role to play in building kinder, more equal and ethical systems. These individual roles and micro-movements, eventually snowballing into collaborative action, shall create a world that is more compassionate, inclusive and just.