

MAKING SENSE OF

Resilience • Mindfulness • Growth Mindset • Grit

CAN SOCIAL-EMOTIONAL LEARNING HELP?

CAN IT BE DEVELOPED?



RESILIENCE

Resilience is a person's capability to cope and thrive in the face of adversity, to recover from difficult situations, and adapt to stressors.



Absolutely! People can gain skills that enhance resilience. Adversities and stressors can be handled better when someone has the skills to manage emotions, solve problems, and create positive relationships.



BIG IMPACT



MINDFULNESS

A practice of attentive, nonjudgmental awareness in the moment. Many studies show that practicing mindfulness reduces stress and helps people manage their emotions.



You bet! A person can learn to practice mindfulness. Social-emotional skills like belly breathing, noticing feelings, focusing attention, and self-talk are skills that contribute to being mindful.



CONSIDERABLE IMPACT



GROWTH MINDSET

How a person interprets difficulty. Those with growth mindsets believe they can improve by working hard and challenging themselves.



Yes! Studies have shown that praising hard work, rather than intelligence and natural skill, helps develop a student's growth mindset.



SOME IMPACT



GRIT

People with grit consistently and passionately pursue long-term goals. They even persevere without immediate feedback or recognition and despite setbacks.



Uncertain. Grit is a known predictor of success in school and life. Researchers are working to learn if grit is something that can be developed, but we don't have answers yet.



POTENTIAL IMPACT

The *Second Step* SEL Program by Committee for Children

Committee for Children's universal, classroom-based *Second Step* program is designed to increase school success and decrease problem behaviors by promoting Pre/K–Grade 8 students' social-emotional competence and self-regulation skills. To learn more about the *Second Step* SEL curriculum, view lesson samples, and see stories of schools that implemented the program successfully, visit cfchildren.org.