



'Cool It!' and SEAL

SEAL

Social and Emotional Aspects of Learning are the underpinning qualities and skills that help us manage life, and promote positive behaviour and learning effectively.

The SEAL publication was developed in 2005, as a result of work over the last two years in over 500 schools taking part in the Primary National Strategy's behaviour and attendance pilot. The aim is to offer a whole-curriculum framework for teaching social, emotional and behavioural skills to all children, from Foundation level to KS2.

There are five broad sections that help clarify the main qualities and skills at the heart of the SEAL publication. These are defined as being either personal (e.g. self awareness) or inter- personal (e.g. empathy) aspects of learning:

- Self Awareness
- Managing Feelings
- Motivation
- Empathy
- Social Skills

The framework for teaching social, emotional and behavioural skills to all children has been divided into seven distinct themes in order for school's to accurately and effectively monitor how and when they are providing access to SEAL during the academic year. The 'Cool It!' Programme seeks to address theme four 'Going for Goals' of the SEAL publication in that it aims to encourage students to take responsibility for making wise and balanced choices, as well as practice a variety of problem solving strategies whilst working individually, in pairs, or as part of a bigger team.

The DfES, within the Primary National Strategy; Excellence and Enjoyment: social and emotional aspects of learning (2005), advises the following as a GUIDE to when theme four 'Going for Goals' should be explored:

January/February	Going for Goals	Children will explore the underlying prerequisites for successful goal orientated learning and behaviour; taking responsibility and building feelings of confidence and self efficacy, making wise and balanced choices about our goals, and practising problem solving strategies.	Motivation Self Awareness
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The tasks and activities included in this resource pack are also designed to challenge and encourage students to be self aware, motivated, be able to empathise with people and situations, and to cultivate their social skills throughout; all vital in achieving and maintaining a successful level of learning with regards to SEAL.