



# SOCIAL AND EMOTIONAL LEARNING



Image by Gerd Altmann from Pixabay



What did you notice about yourself when you first looked in the mirror today? Bedhead? Wrinkles? If you're like most people, it was probably critical. Take a moment now to think of one thing you love about yourself. Look in the mirror and tell yourself. You are amazing!

Knowing our own strengths and challenges encourages Self-Awareness, one of five core Social Emotional Learning Competencies. Learn more here: [bit.ly/nysel](https://bit.ly/nysel)