SOCIAL EMOTIONAL LEARNING

Emotional & Mental Health

- Managing stress and anxiety
- Self-esteem and self-confidence
- Coping with failure or mistakes
- Mood swings and emotional regulation
- Comparing themselves to others
-

Identity & Personal Development

- Figuring out who they are (identity exploration)
- Developing independence from parents
- Setting personal goals
- Understanding personal values and beliefs

Health & Wellness

- Body changes and puberty
- Healthy friendships and boundaries
- Nutrition and body image concerns
- Sleep habits and energy management
- Physical activity and sports pressures
- Navigating crushes, dating and early relationships