

## SEAD Lab (Social Emotional Academic Development) Lab

K-5 students participate in a Connections class called SEAD Lab. This class was formerly known as LifeSkills, but as the class has expanded across Hall Co. the name has changed. This class is wonderful for students of all ages because the curriculum we use (PATHS) has focused skills that meet the needs of the students as they grow and mature. The class focuses on the five fundamentals of SEL: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

### What skills does SEL target?



- **Self-awareness** is having a clear and accurate understanding of ourselves. That includes understanding strengths, working through challenges, recognizing emotions, and considering future aspirations.
- **Self-management** means taking responsibility for our own choices to work towards goals. It includes using self-control, developing positive study habits, managing emotions, and persevering through challenges.
- **Social awareness** is having an understanding of the social world. That means understanding the social expectations, reading social cues, perspective-taking, developing empathy, and celebrating our differences.
- **Relationships** are the positive connections we have with others. It involves understanding healthy relationships, effectively communicating, working with others, developing friendships, and using conflict resolution to solve problems.
- **Decision-making** is using strategic methods to make positive choices. It includes developing responsibility, problem-solving, navigating through peer influence, owning choices, and choosing healthy habits for the future.