CONCEPT

Social and Emotional Learning (SEL) in Schools: CASEL Competencies and Whole-School Implementation

20 – 24 December 2026
Jeddah - Corniche four-star



Social and Emotional Learning (SEL) in Schools: CASEL Competencies and Whole-School Implementation

Ref: 518_16949 **Date:** 20 – 24 December 2026 **Location:** Jeddah - Corniche four-star **Fees:** 19500 SAR

Introduction:

Social and Emotional Learning SEL in many schools is reduced to occasional assemblies or posters, so students meet no sequenced teaching of self-regulation, empathy or decision-making, and staff handle conflict case by case. This Core Concept course equips teachers, counsellors and school leaders to teach the CASEL five competencies explicitly, weave them into subject lessons and daily routines, build a restorative classroom climate, partner with families and measure progress. The approach is educational, not clinical. Each participant produces a Whole-School SEL Implementation Plan with Sample Lessons.

Course Objectives:

- Explain social and emotional learning, the CASEL five competencies and the evidence for school-based SEL to colleagues and parents
- Design sequenced, active, focused and explicit SEL lessons and classroom routines matched to student age bands
- Embed SEL learning targets into subject lessons, group work and everyday classroom interactions
- Apply restorative conversations, class meetings and co-regulation strategies to build a positive classroom climate
- Adapt SEL content to the cultural values of the school community and build partnership with families
- Measure student SEL growth and programme quality and lead a whole-school SEL implementation cycle

Target Audience:

- Classroom teachers responsible for daily routines, lesson delivery and student relationships at primary, intermediate or secondary level
- School counsellors and student guidance staff responsible for preventive, whole-class wellbeing programmes
- School leadership team members responsible for school climate, behaviour policy and staff development
- Education supervisors responsible for observing classrooms and supporting school improvement across several schools
- Pastoral and homeroom coordinators responsible for student welfare and home-school communication

Course Outline:

Day 1: Foundations of SEL and the Evidence Base

- SEL Definitions and the Difference Between Educational SEL and Clinical Intervention
- Research Evidence Summary: Academic, Behavioural and Climate Outcomes of School SEL
- CASEL Wheel Contexts: Classrooms, Schools, Families and Communities
- Teacher SEL Self-Reflection Inventory and Personal Stress Triggers Map
- School SEL Readiness Scan: Current Practices, Gaps and Staff Beliefs

Day 2: The CASEL Five Competencies in Student Development

- Self-Awareness Indicators: Emotion Vocabulary, Strengths Inventories and Growth Mindset Language
- Self-Management Tools: Calm-Down Plans, Breathing Routines and Goal-Setting Cards
- Social Awareness Methods: Perspective-Taking Scenarios and Empathy Mapping
- Relationship Skills Practice: Active Listening Frames, Cooperation Roles and Conflict Resolution Steps
- Responsible Decision-Making Models: Stop-Think-Act and Consequence Mapping

Day 3: Explicit SEL Lessons, Routines and Subject Integration

- SAFE Lesson Design: Sequenced, Active, Focused and Explicit Instruction
- Morning Meeting, Emotion Check-In and Closing Circle Routine Templates
- SEL Learning Targets Embedded in Language, Science, Mathematics and Social Studies Lessons
- Literature and Story-Based Discussion Protocols for Character and Empathy
- Age-Band SEL Scope and Sequence Grid From Early Grades to Secondary

Day 4: Classroom Climate, Restorative Practice, Culture and Families

- Co-Regulation and Teacher Language That De-escalates Student Upset
- Restorative Questions, Affective Statements and Class Circle Protocols
- Cultural Adaptation Checklist: Community Values, Language and Examples
- Family Partnership Toolkit: Home Activities, Parent Workshops and Two-Way Messaging
- Common Implementation Pitfalls and Referral Boundaries to Specialist Support

Day 5: Measuring SEL and the Whole-School Implementation Plan

- Student SEL Assessment Options: Teacher Rating Scales, Student Self-Reports and Observation Rubrics
- Programme Quality Fidelity Checklist and Classroom Observation Walkthrough
- Multi-Sector School Case Review: Primary, Secondary and Mixed-Age Schools
- Whole-School SEL Implementation Plan Drafting: Vision, Team, Timeline and Staff Learning
- Sample SEL Lesson Presentation and Peer Critique Panel

Skills You Will Gain:

- Explicit SEL Instruction
- SEL Curriculum Mapping
- Classroom Co-Regulation
- Restorative Circle Facilitation
- Culturally Responsive SEL Adaptation
- Family Engagement Planning
- SEL Progress Measurement
- Whole-School Programme Leadership

Why Attend This Course:

- Return with a Whole-School SEL Implementation Plan with Sample Lessons ready to present to your leadership team
- Replace one-off wellbeing events with a planned sequence of lessons and routines that staff can teach consistently
- Handle classroom conflict through restorative conversations that repair relationships and protect teaching time
- Compare SEL practice with teachers, counsellors and supervisors from public, private and international schools

Conclusion:

Students learn to understand emotions, manage themselves and work with others when those skills are taught deliberately and practised every day. The week moves from the purpose and evidence of SEL and the CASEL five competencies, through explicit lessons, routines and subject integration, to restorative climate, cultural adaptation and family partnership. The final day turns measurement and quality checks into case work, and each participant presents a Whole-School SEL Implementation Plan with Sample Lessons for peer critique.