

PSHE Education Teachers Resource 2: Links to SEAL

What is the relationship between Social and Emotional Aspects of Learning (SEAL) and PSHE education?

SEAL contributes to personal development by promoting social and emotional aspects of learning. It provides a framework and some ideas for teaching social and emotional skills within discrete lessons, across subjects and outside the classroom. PSHE education provides an invaluable contribution to learning the social and emotional skills that are identified in SEAL. SEAL in turn provides a framework that supports PSHE education.

Extract from: PSHE education – working definitions and relationships 2008

Secondary SEAL

It is an integral part of the Secondary National Strategy, recognising that all pupils and young people need to develop these important life skills, not just those with manifest problems in the area. Secondary SEAL provides a unifying framework to help schools to build upon current practice, a ‘universal’ approach to promoting social and emotional skills and a common language across all parts of a school, between schools, within Local Authorities and Nationally. SEAL provides the structure and tools required to develop a more coherent approach to Personal, Social, Health and Economic Education and contributes to the whole ethos of the school.

The following grid will show the links between each lesson in the teachers resource book 2 and the 5 key skills from the SEAL programme including the intended learning outcomes. The 5 key skills are: empathy, social skills, self-awareness, motivation and managing feelings.

For some of the lessons it is easy to see the links between the learning outcomes and SEAL learning outcomes and there are many that crossover from one area to another. The SEAL programme can enhance the learning outcomes throughout the resource as children and young people do not learn in isolation and we as educators need to provide opportunities and understanding of transferable skills across the whole school curriculum and experience.

Outstanding learning and teaching only happens where the SEAL skills are an integral part of the curriculum offer, irrelevant of the subject and the whole school community practice these skills throughout the school day.

Chapter 1: Starting out	empathy	social skills	self-awareness	motivation	managing feelings
1. How will we work together	Theme 1: learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others	Theme 1: learning to be together 1.3. Building and Maintaining relationships 1.4. Belonging to groups	Theme 1: learning to be together 1.5. Solving problems including interpersonal ones		
2. What's it like here?	Theme 1: Learning to be together 1.2 Valuing and supporting others				
Chapter 2: Emotional Health and Wellbeing	empathy	social skills	self-awareness	motivation	managing feelings
3. What happens when we are feeling down?			Theme 2: Keep on learning 2.1. Knowing myself		Theme 3: Learning about me 3.1. Managing my expression of emotions 3.2. Changing uncomfortable feelings and increasing pleasant feelings 3.3. Understanding my feelings
4. Is it good to be me?			Theme 2: Keep on learning 2.1. Knowing myself	Theme 2: Keep on learning 2.2. Working towards goals 2.3. Persistence, resilience and optimism	Theme 3: Learning about me 3.1. Managing my expression of emotions 3.2. Changing uncomfortable feelings and increasing pleasant feelings

				2.4. Evaluation and review	3.3. Understanding my feelings
5. Is anybody perfect?	Theme 1: learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others		Theme 2: Keep on learning 2.1. Knowing myself	Theme 2: Keep on learning 2.2. Working towards goals 2.3. Persistence, resilience and optimism	Theme 3: Learning about me 3.1. Managing my expression of emotions 3.2. Changing uncomfortable feelings and increasing pleasant feelings 3.3. Understanding my feelings
Chapter 3: Drugs	empathy	social skills	self-awareness	motivation	managing feelings
6. How do drugs affect people?	Theme 1: learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others				
7. What about alcohol?			Theme 2: Keep on learning 2.1. Knowing myself		Theme 3: Learning about me 3.1. Managing my expression of emotions 3.2. Changing uncomfortable feelings and increasing pleasant feelings
Chapter 4: Sex and Relationship Education	empathy	social skills	self-awareness	motivation	managing feelings
8. Boys and girls – is there a difference?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others	Theme 1: Learning to be together 1.3 Building and maintaining relationships 1.4. Belonging to groups	Theme 1: Learning to be together 1.5. Solving problems including interpersonal ones		Theme 3: Learning about me 3.1. Managing my expression of emotions 3.2. Changing uncomfortable feelings

			Theme 2: Keep on learning 2.1. Knowing myself		and increasing pleasant feelings
9. Sex – why all the fuss					Theme 3: Learning about me 3.1. Managing my expression of emotions 3.3. Understanding my feelings
10. What are HIV and AIDS?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others				
11. Is commitment important in relationships?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others	Theme 1: Learning to be together 1.3. Building and maintaining relationships 1.4. Belonging to groups	Theme 1: Learning to be together 1.5. Solving problems including interpersonal ones		Theme 3: Learning about me 3.1. Managing my expression of emotions 3.2. Changing uncomfortable feelings and increasing pleasant feelings 3.3. Understanding my feelings
Chapter 5: Minimising Harm	empathy	social skills	self-awareness	motivation	managing feelings
12. Social networks – what do I need to know?		Theme 1: Learning to be together 1.3. Building and maintaining relationships			Theme 3: Learning about me 3.1. Managing my expression of emotions
13. What can I do to keep safe?			Theme 2: Keep on learning 2.1. Knowing myself	Theme 2: Keep on learning 2.4. Evaluation and	

				review	
14. How can I keep safe on the inside?			Theme 2: Keep on learning 2.1. Knowing myself		Theme 3: Learning about me 3.1. Managing my expression of emotions 3.2. Changing uncomfortable feelings and increasing pleasant feelings 3.3. Understanding my feelings
Chapter 6: Living in the world	empathy	social skills	self-awareness	motivation	managing feelings
15. How can we contribute to family life?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others	Theme 1: Learning to be together 1.3. Building and maintaining relationships	Theme 2: Keep on learning 2.1. Knowing myself		
16. How can we value each other?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others	Theme 1: Learning to be together 1.3. Building and maintaining relationships 1.4. Belonging to groups	Theme 1: learning to be together 1.5. Solving problems including interpersonal ones		
17. How can we challenge prejudice and discrimination?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others	Theme 1: Learning to be together 1.4. Belonging to groups			
Chapter 7: Saving and Spending	empathy	social skills	self-awareness	motivation	managing feelings

Money					
18. What influences are spending?			Theme 2: Keep on learning 2.1. Knowing myself		
19. How can we save our money wisely?			Theme 2: Keep on learning 2.2. Working towards goals		
20. How can I budget successfully?			Theme 2: Keep on learning 2.2. Working towards goals		
Chapter 8: Expressing myself	empathy	social skills	self-awareness	motivation	managing feelings
21. What are emotions and how are they expressed?			Theme 2: Keep on learning 2.1. Knowing myself		Theme 3: Learning about me 3.1. Managing my expression of emotions 3.2. Changing uncomfortable feelings and increasing pleasant feelings 3.3. Understanding my feelings
22. How should I respond to other people?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others	Theme 1: Learning to be together 1.3. Building and maintaining relationships 1.4. Belonging to groups	Theme 1: learning to be together 1.5. Solving problems including interpersonal ones		
23. How can I become the best I can be?		Theme 1: Learning to be together 1.3. Building and maintaining relationships 1.4. Belonging to groups	Theme 1: learning to be together 1.5. Solving problems including interpersonal ones	Theme 2: Keep on learning 2.2. Working towards Goals 2.3. Persistence,	

			Theme 2: Keep on learning 2.1. Knowing myself	resilience and optimism 2.4. Evaluation and review	
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Chapter 9: Life Strategies	empathy	social skills	self-awareness	motivation	managing feelings
24. How do I work on my own and with others?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2. Valuing and supporting others	Theme 1: Learning to be together 1.3. Building and maintaining relationships 1.4. Belonging to groups	Theme 1: learning to be together 1.5. Solving problems including interpersonal ones Theme 2: Keep on learning 2.1. Knowing myself	Theme 2: Keep on learning 2.2. Working towards Goals 2.3. Persistence, resilience and optimism 2.4. Evaluation and review	
25. What do I need to plan for?		Theme 1: Learning to be together 1.3. Building and maintaining relationships	Theme 2: Keep on learning 2.1. Knowing myself	Theme 2: Keep on learning 2.2. Working towards Goals 2.3. Persistence, resilience and optimism 2.4. Evaluation and review	
26. What are my career and future opportunities?			Theme 2: Keep on learning 2.1. Knowing myself	Theme 2: Keep on learning 2.2. Working towards Goals 2.3. Persistence, resilience and optimism 2.4. Evaluation and	

				review	
Chapter 10: Support and information	empathy	social skills	self-awareness	motivation	managing feelings
27. When and where can we get help?			Theme 1: learning to be together 1.5. Solving problems Including interpersonal ones Theme 2: Keep on learning 2.1. Knowing myself	Theme 2: Keep on learning 2.2. Working towards goals 2.3. Persistence, resilience and optimism	Theme 3: Learning about me 3.2. Changing uncomfortable feelings and increasing pleasant feelings
28. Where can I find help on...?			Theme 2: Keep on learning 2.1. Knowing myself		
29. Young people's agencies – what do they do?		Theme 1: Learning to be together 1.4. Belonging to groups	Theme 2: Keep on learning 2.1. Knowing myself		
Chapter 11: Review	empathy	social skills	self-awareness	motivation	managing feelings
30. What have I learned?				Theme 2: Keep on learning 2.4. Evaluation and Review	