

PSHE Education Teachers Resource 1: 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 1 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. What is PSHE education?	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 1.5 Solving problems including interpersonal ones	Theme 2: Keep on learning 2.1 Knowing myself Theme 3: Learning about me 3.3 Understanding my feelings	Theme 2: Keep on learning 2.2 Working towards goals 2.3 Persistence, resilience and optimism 2.4 Evaluation and review	Theme 3: Learning about me 3.4 Managing my expression of emotions 3.5 Changing uncomfortable feelings and increasing pleasant feelings
2. 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 1.5 Solving problems including interpersonal ones			
3. Where are we going?			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 2: Healthy Routines	empathy	social skills	self-awareness	motivation	managing feelings
4. What do we need to do to keep healthy?			Theme 2: Keep on learning 2.1 Knowing myself		Theme 3: Learning about me 3.1 Managing my expression of emotions
5. What is my personal health profile?			Theme 2: Keep on learning 2.1 Knowing myself		Theme 3: Learning about me 3.2 Changing uncomfortable feelings and increasing pleasant feelings
6. What decisions can I make about healthy eating?	SEAL activities can support this area by raising self worth, skills development in discussion, decision making and informed choices.				
Chapter 3: Drugs	empathy	social skills	self-awareness	motivation	managing feelings
7. What do we mean by drugs?			Theme 2: Keep on learning 2.1 Knowing myself		Theme 3: Learning about me 3.2 Changing uncomfortable feelings and increasing pleasant feelings
8. Fact or fiction?	Theme 1: Learning to be together 1.2 Valuing and supporting others 1.4 belonging to groups				Theme 3: Learning about me 3.2 Changing uncomfortable feelings and increasing pleasant feelings
9. How do we reduce the risks?			Theme 2: Keep on learning 2.1 Knowing myself		Theme 3: Learning about me 3.2 Changing uncomfortable feelings and increasing pleasant

					feelings
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Chapter 4: Sex and Relationship Education	empathy	social skills	self-awareness	motivation	managing feelings
10. What do we mean by family?	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 1.5. Solving problems including interpersonal ones			
11. What's happening to me?		Theme 1: Learning to be together 1.3 Building and maintaining relationships 1.4. Belonging to groups 1.5. Solving problems including interpersonal ones	Theme 2: Keep on learning 2.1 Knowing myself Theme 3: Learning about me 3.3. Understanding my feelings		
12. Why do I feel like this?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others		Theme 3: Learning about me 3.3 Understanding my feelings		Theme 3: Learning about me 3.1 Managing my expression of emotions 3.2 Changing uncomfortable feelings and increasing pleasant

					feelings
Chapter 5: Assessing risk	empathy	social skills	self-awareness	motivation	managing feelings
13. How do we manage risky situations	Enhancing SEAL activities/skills can support this area by raising self worth, skills development in discussion, decision making and informed choices.				
14. How do we keep safe online?	Enhancing SEAL activities/skills can support this area by raising self worth, skills development in discussion, decision making and informed choices.				
15. How can we tackle bullying?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2 Valuing and supporting others 1.3 Building and maintaining relationships 1.4. Belonging to groups 1.5. Solving problems including interpersonal ones				
Chapter 6: Meeting and working with others	empathy	social skills	self-awareness	motivation	managing feelings
16. How do I work best 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 1.5. Solving problems including interpersonal ones			
17. What do I want and how do I get it?			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	
18. What to do if I need help?			Theme 2: Keep on learning 2.1 Knowing myself	Theme 2: Keep on learning 2.3. Persistence, resilience and optimism	
Chapter 7: Managing Personal Money	empathy	social skills	self-awareness	motivation	managing feelings
19. What could we do with money?		Theme 1: Learning to be together 1.5. Solving problems including interpersonal ones			
20. Do I spend or do I save money?		Theme 1: Learning to be together 1.5. Solving problems including interpersonal ones			
21. How will I earn money in the future?				Theme 2: Keep on learning 2.2. Working towards Goals 2.3. Persistence, resilience and	

				optimism 2.4. Evaluation and review	
Chapter 8: Changing	empathy	social skills	self-awareness	motivation	managing feelings
22. What are my rights and responsibilities?	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 1.5. Solving problems including interpersonal ones			
23. What makes each of us an individual?	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 1.5. 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
24. How can I make and keep good 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 1.5. Solving problems including interpersonal ones	Theme 3: Learning about me 3.3 Understanding my feelings		

Chapter 9: Personal Identity and Self-esteem	empathy	social skills	self-awareness	motivation	managing feelings
25. Who am I?	Enhancing SEAL activities/skills can support this area by raising self worth, skills development in discussion, decision making and informed choices.				
26. What am I good at?			Theme 2: Keep on Learning 2.1. Knowing myself Theme 3: Learning about me 3.3. Understanding my feelings		
27. Where am I going?				Theme 2: Keep on learning 2.2. Working towards Goals 2.3. Persistence, resilience and optimism 2.4. Evaluation and Review	
Chapter 10: Confident Communication	empathy	social skills	self-awareness	motivation	managing feelings
28. How can we communicate better?	Theme 1: Learning to be together 1.1. Understanding the thoughts and feelings of others 1.2 Valuing and	Theme 1: Learning to be together 1.3 Building and maintaining relationships			

	supporting others	1.4. Belonging to groups 1.5. Solving problems including interpersonal ones			
29. What does 'assertiveness' mean?		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 2.4. Evaluation and Review	
30. What are the biggest challenges for 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 2.4. Evaluation and Review	
Chapter 11: Review	empathy	social skills	self-awareness	motivation	managing feelings
31. Hey, how are we doing?			Theme 2: Keep on Learning 2.1. Knowing myself	Theme 2: Keep on learning 2.4. Evaluation and Review	