



Event 1: Social and Emotional Learning- The Foundation and The Why

Event Date: 19 November 2025

The Social and Emotional Learning (SEL) Learning Hub event brought together passionate participants to explore the foundations of SEL and its powerful synergy with English language teaching. Centred on the CASEL framework, the session provided a deep dive into the five core competencies that empower students to develop healthy identities, manage emotions, show empathy, maintain supportive relationships, and make responsible decisions.



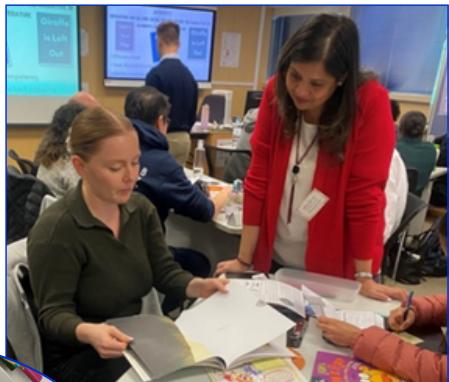
Knowing What SEL Is

Participants designed their own SEL handprint to support understanding the SEL competencies.



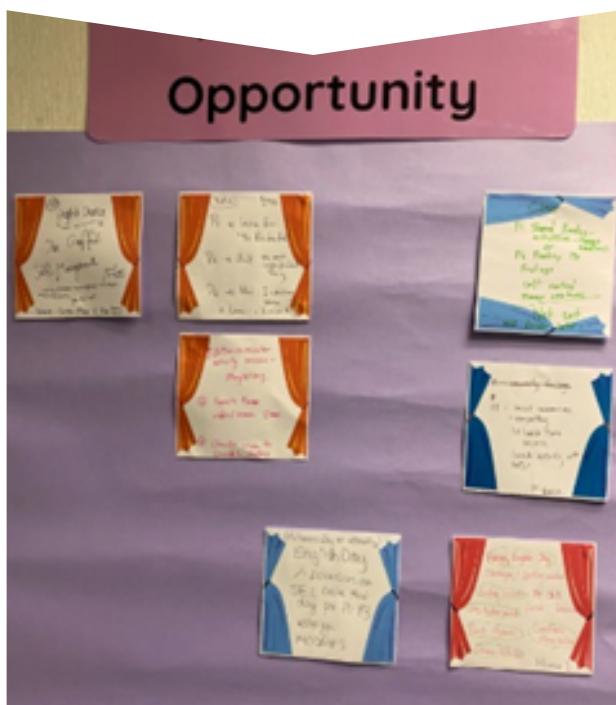
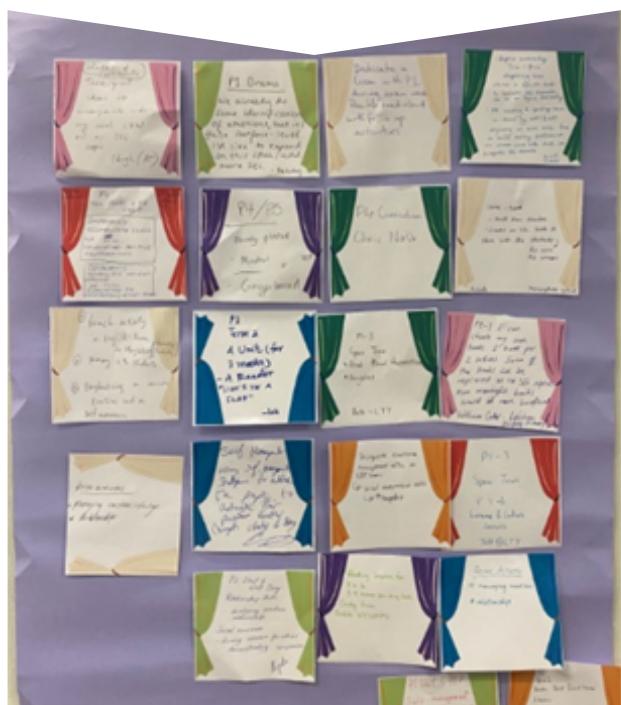
Unpacking and Exploring SEL Competencies

The participants deconstructed the five competencies through the exploration of their definitions, subskills and observable indicators in the classroom.



Recognising Competencies in Stories

The use of SEL competency knowledge enabled teachers to examine fables and children's literature from a fresh perspective.



Opening Windows of Opportunity

Teachers identified their own teachable moments to infuse SEL into teaching practices.



Participants' feedback

A very enjoyable introduction to SEL. A few books were mentioned as tools to help teach SEL, but it was a smart move to not give away too much information, as now I am left wanting to know more!

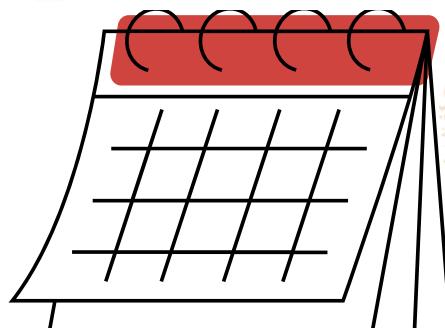
The thoughtfully prepared activities were very helpful, moving the concepts from theory into an experience and for a practical understanding. Looking ahead, I am eager to build upon this foundational knowledge.

Thank you to all participants for contributing to a meaningful and inspiring session. Let's continue to make SEL visible in every classroom.
@SEL TEAM, NET SECTION



Upcoming Event

**MARK YOUR
calendar**



**Event 2:
Putting Together the Toolkit**

15 JANUARY 2026, Thursday

NET Section, Tsuen Wan