

SEAL in primary schools offers a whole framework for promoting social and emotional literacy, supporting children with:

- social awareness
- managing their feelings
- motivation
- empathy
- social interactions.

The framework is divided into seven themes to be covered within a school year:

- New beginnings
- Getting on and falling out
- Say “no” to bullying
- Going for goals
- Good to be me
- Relationships
- Changes

Used as a whole-school, cross-curricular approach, SEAL aims to help children become successful learners, responsible citizens, and confident individuals. Around two thirds of UK primary schools use SEAL. For it to be effective, it needs to work across the whole school.

SEAL is not simply concerned with the pupils in the school but extends out to staff, parents, carers and the local community. Parents and carers can benefit from the ideas behind SEAL and some find the strategies and activities useful ways to communicate with their child. In fact, many parents have found that SEAL has given them access to whole new areas of their child's personal, social and emotional life, and helped reinforce a close relationship.

Supporting your child with a consistent set of values and behaviour expectations is key to SEAL. Creating that fusion between learning in school and what they experience at home is vital.