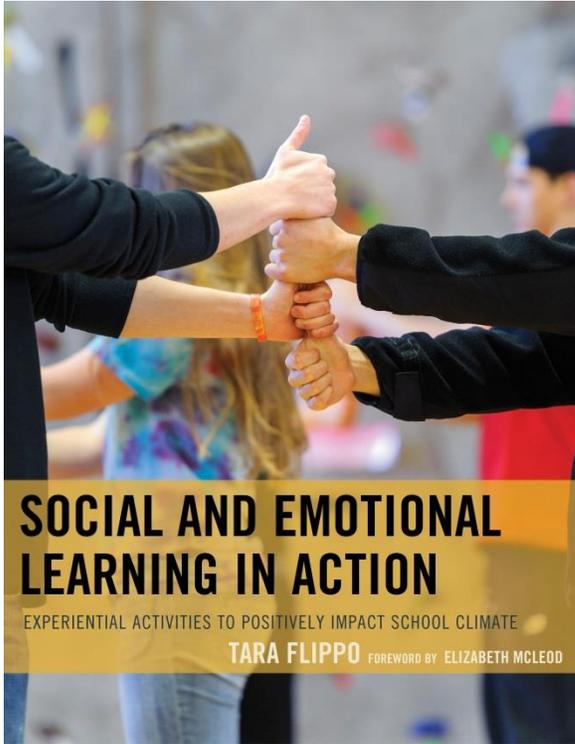


**SOCIAL AND EMOTIONAL LEARNING IN ACTION**  
Experiential Activities to Positively Impact School Climate

**Tara Flippo**

Foreword by Elizabeth McLeod



“This book fits a very specific need: sequenced lessons to teach and reinforce social and emotional competencies to secondary students. This progression of 36, hands-on lessons are well-designed for middle and high schoolers; teachers and other practitioners will be able to pick up this book and immediately put it into action, allowing students to experientially develop social and emotional skills.— **Alison Rheingold, director of professional learning, Christa McAuliffe Charter School, Framingham, MA**

“This book is an excellent resource for educators as they create learning opportunities that help students build social and emotional intelligence. Blending theory and standards for Social Emotional Learning with engaging and well sequenced experiential activities *Social and Emotional Learning in Action* provides the tools to develop a classroom community where everyone can realize their potential.”  
— **Carla Hacker, University of Wisconsin LaCrosse graduate faculty, Madison Metropolitan School District: former teacher of adventure based experiential education, Madison, WI**

“Social emotional learning (SEL) provides a foundation for individual growth, relationships, and ethical decision making. This book supports

educators to not only talk about skills and concepts with students, but provides activities from which to jumpstart relevant exploration and useful application of SEL. Our students - and ultimately our world - can only benefit from this active and vibrant approach to developing these skills and attitudes.”— **Laurie Frank, author, “Journey Toward the Caring Classroom”; owner/director of GOAL Consulting, Madison, WI**

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*Social and Emotional Learning in Action* (SELA) is an easy to use sourcebook facilitated by teaching and/or counseling practitioners primarily in school settings. The pedagogical basis for these lessons are shaped around the research findings of the Collaborative for Academic, Social, and Emotional Learning (CASEL), indicating that the inclusion of social and emotional development programs positively affect academic achievement. CASEL has identified five interrelated cognitive, affective, and behavioral competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. SELA will address all five. SELA will provide a developmentally sequenced year-long/modular flow or stand-alone lessons that integrate the benefits of experiential and social emotional learning (SEL) into the classroom. Each lesson (36 total) will offer step-by-step instructions along with a materials list.

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**Tara Flippo** has worked with youth/students and administered experiential education programming since 1993. She is professor of Outdoor Education in the Dept. of Kinesiology, at the University of New Hampshire & Youth Director at The Browne Center for Innovative Learning.

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