



# SOCIAL AND EMOTIONAL LEARNING



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## WHAT ARE THEY FEELING?



How do you know? Think of a time when you experienced similar feelings. Nonverbal cues like facial expressions and body language help us understand others' actions and emotions, often more than verbal communication. What can you better understand about the people around you through non-verbal communication?

Practicing perspective-taking and empathy encourages Social Awareness, one of five core Social Emotional Learning Competencies. Learn more here: [bit.ly/nysel](https://bit.ly/nysel)