

Protect ARTS ED NOW!

ARTS EDUCATION FOSTERS SOCIAL EMOTIONAL LEARNING

Social Emotional Learning (SEL) is **essential** to students' well-being.

Artistic and personal gains can be profound when SEL is infused in visual and performing arts (VPA) instruction, which includes Dance, Music, Theatre, and Visual Art. For this approach to be effective it must be **intentional, embedded** and **sustained**.

SOCIAL EMOTIONAL LEARNING THROUGH THE ARTS

Builds Self-Awareness

When students create or respond in the arts, they explore and understand their own feelings, develop a strong sense of identity, build resilience to deal with challenges, and give insightful feedback to others in constructive ways.



Builds Social Awareness and Shared Understanding

Collaborative engagement in the arts facilitates community and a sense of belonging where students feel safe to take risks and appreciate diversity. When a music class creates or plays music together, collaboration is a foundational building block.

Builds Strong Decision-Making Skills

Knowledge and personal experiences in the arts can be used to implement and model effective problem solving and critical-thinking skills. Artists develop practices for decision-making that enable them to realize their creative work in adaptive and constructive ways. Student artists learn that their voice matters and can affect change in school and community contexts.

Learn more! There is complete alignment between the four artistic processes (Creating, Performing, Responding, Connecting) and the five Social Emotional Learning competencies (Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making). The Arts Education & Social Emotional Learning Framework is an invaluable resource for arts educators, parents, and students. Visit the [website](#) to learn more about the inherent opportunities within arts classrooms to develop skills necessary for school and life success, by designing and supporting meaningful learning experiences.

NJ Students & Teachers Need You NOW!
Get Active at ArtsEdNow.org



Did You Know?

- Purposeful integration of SEL into arts education enriches **students' personal connection** to the arts.
- The relationship built between teachers and students over multiple years of instruction fosters the caring environment necessary to **help build school connectedness, foster empathy, and provide a sense of belonging**.
- The perseverance needed to dedicate oneself to artistic excellence **fosters resilience both in and out of the arts classroom**.
- Artistic creation fosters self-awareness and allows for students to **develop a greater sense of identity, autonomy, and emotional vocabulary**.
- The collaborative community developed in the arts classroom **welcomes discussions and an awareness of acceptance and embracing diversity, resulting in a greater sense of agency and affecting meaningful change**.
- **Artists learn the necessity of personal goal-setting, self-assessment, and accountability** as they develop high standards for artmaking and themselves.
- **The Arts are a cultural necessity and fundamental to being human**. Arts education and SEL exposes and deepens this for a cross-section of the student body.

SEL-centered arts education advocacy is imperative during this period of rapid education transformation and into the future!