

**Appendix 3a**

**SEAL: the social and emotional aspects of learning (primary)**

There are links between the underpinning qualities and skills of the SEAL programme (self-awareness, managing feelings, motivation empathy and social skills) and spiritual development.

An overview of the themes of SEAL (primary) and links with spiritual development

Theme number	Theme title	Key social and emotional aspects of learning addressed	Spiritual capacities eg	Note
1	New beginnings	<b>Empathy</b> Self awareness Motivation Social skills	<b>Sensitivity and responsiveness</b> Self-awareness, self-knowledge and self-esteem Reflection on experience Inner strength and resilience	This table links the key social and emotional aspects of learning addressed by the SEAL resource with the spiritual capacities outlined in the Kent SACRE guidance 'Shaping the Spirit'. These aspects focus on two dimensions of spiritual development - looking inwards and looking outwards - and not explicitly on looking upwards. (see Appendix 1)  SEAL assemblies have great potential for providing spiritual development opportunities. They are however assemblies and not necessarily acts of collective worship (see <u>Gathering Together: policy and practice for collective worship</u> - SACRE guidance 2008 - section 3f and for example A teacher's dozen Cunningham,B., Ferguson, T and Grewcock W ISBN 0-955 3860-0-4 - an assembly resource - Christianity)
2	Getting on and falling out	<b>Managing feelings</b> Empathy Social skills	<b>Love and relationships</b> Sensitivity and responsiveness	
3	Say no to bullying	<b>Empathy</b> Self awareness Social skills	<b>Sensitivity and responsiveness</b> Seeking and striving Reflection on experience Self-awareness, self-knowledge and self-esteem	
4	Going for goals	<b>Motivation</b> Self awareness	<b>Inner strength and resilience</b> <b>Ideals and aspirations</b> Seeking and striving Reflection on experience Self-awareness, self-knowledge and self-esteem	
5	Good to be me	<b>Self awareness</b> <b>Managing feelings</b> Empathy	<b>Reflection on experience</b> Self awareness, self-knowledge and self-esteem <b>Love and relationships</b> Sensitivity and responsiveness	
6	Relationships	<b>Self awareness</b> <b>Managing feelings</b> empathy	<b>Self-awareness, self-knowledge and self-esteem</b> <b>Love and relationships</b> <b>Reflection on experience</b> Sensitivity and responsiveness	
7	Changes	<b>Motivation</b> <b>Social skills</b> Managing feelings	<b>Inner strength and resilience</b> Ideals and aspirations <b>Seeking and striving</b> <b>Love and relationships</b> Self-awareness, self-knowledge and self-esteem	

Appendix 3b

# SEAL: the social and emotional aspects of learning (secondary)

An overview of the themes of SEAL aspects of learning and links with spiritual development

<p><b>Spiritual capacities e.g.</b></p>	<p><b>Social and Emotional Aspects of Learning</b></p>	<p><b>Social and emotional skills</b> are the skills required to make positive relationship with others by:</p> <ul style="list-style-type: none"> <li>• <b>understanding and managing ourselves</b> (emotions, thoughts, behaviours)</li> <li>- 'looking inwards'</li> <li>• <b>understanding and responding</b> to the emotions and behaviours of <b>others</b></li> <li>- 'looking outwards'</li> </ul> <p>At the heart of SEAL lie <b>five aspects of learning</b> that provide an essential starting point when planning the SEAL programme - these dovetail with the spiritual capacities laid out in this document as exemplified here.</p> <p>The <b>Personal Learning and Thinking Skills (PLTS)</b> of the secondary curriculum focus on young people becoming:</p> <ul style="list-style-type: none"> <li>• independent enquirers</li> <li>• team workers</li> <li>• creative thinkers</li> <li>• self managers</li> <li>• reflective learners</li> <li>• effective participators</li> </ul> <p>These are ways in which the spiritual capacities and the SEAL aspects of learning are exemplified and expressed across the whole curriculum. In order to develop these skills young people need to develop their abilities to:</p> <ul style="list-style-type: none"> <li>• collaborate</li> <li>• problem solve</li> <li>• empathise and listen</li> <li>• question</li> <li>• be flexible</li> <li>• reason and plan</li> <li>• manage distractions</li> <li>• review and evaluate</li> <li>• develop perseverance</li> <li>• take risks</li> </ul> <p>In so doing their personal development and well-being can be enhanced.</p>
<p>Self-awareness, self-knowledge and self-esteem Love and relationships Reflection on experience Sensitivity and responsiveness</p>	<p><b>Self-awareness</b></p> <ul style="list-style-type: none"> <li>• knowing myself</li> <li>• understanding my feelings</li> </ul>	
<p>Love and relationships Sensitivity and responsiveness Self-awareness, self-knowledge and self-esteem</p>	<p><b>Managing my feelings</b></p> <ul style="list-style-type: none"> <li>• managing my expression of emotions</li> <li>• changing uncomfortable feelings and increasing pleasant feelings</li> </ul>	
<p>Inner strength and resilience Ideals and aspirations Seeking and striving Reflection on experience</p>	<p><b>Motivation</b></p> <ul style="list-style-type: none"> <li>• working towards goals</li> <li>• persistence, resilience and optimism</li> <li>• evaluation and review</li> </ul>	
<p>Sensitivity and responsiveness Love and relationships Reflection on experience Self-awareness, self-knowledge and self-esteem</p>	<p><b>Empathy</b></p> <ul style="list-style-type: none"> <li>• understanding others' thoughts and feelings</li> <li>• valuing and supporting others</li> </ul>	
<p>Love and relationships Sensitivity and responsiveness Ideals and aspirations Reflection on experience</p>	<p><b>Social skills</b></p> <ul style="list-style-type: none"> <li>• building and maintaining relationships</li> <li>• belonging to groups</li> <li>• solving problems, including interpersonal ones</li> </ul>	

Appendix 3c

**Leuven: well-being and involvement**

An overview of indicators of well-being and involvement and links with spiritual development

Spiritual capacities e.g.	Indicators of well-being	Involvement is a very special state of mind. It includes:
Sensitivity and responsiveness Love and relationships Seeking and striving	<b>Enjoyment:</b> having fun, taking pleasure in interacting with others and activities - look happy, smile/laugh, chatting/singing	
Self-awareness, self-knowledge and self-esteem Sensitivity and responsiveness	<b>Relaxation and inner peace:</b> relaxed impression, don't feel threatened in any way - open expression on faces, body language shows no sign of tension or restlessness, muscles relaxed	
Seeking and striving Sensitivity and responsiveness	<b>Vitality:</b> energy - lively and expressive faces, radiate, positive use of space around them	
Reflection on experience Sensitivity and responsiveness Love and relationships	<b>Openness:</b> open attitude to world around them, ready to experience, accessible and approachable to others, happy with attention they receive	
Self-awareness, self-knowledge and self-esteem Inner strength and resilience Seeking and striving Reflection on experience	<b>Self confidence:</b> self assurance, a sense of self value, positive self image as the foundation for resilience, assertive	
Self-awareness, self-knowledge and self-esteem Sensitivity and responsiveness	<b>Being in touch with oneself:</b> feelings and emotions not suppressed	