



**The Education Endowment Foundation’s recommendation to improve Social and Emotional Learning (SEL) in primary schools:**

- Expand children’s emotional vocabulary and support them to express emotions
- Teach children to use self-calming strategies and positive self-talk to help deal with intense emotions
- **Teach and practise problem-solving strategies**
- Role-play good communication and listening skills
- Use stories to discuss others’ emotions and perspectives



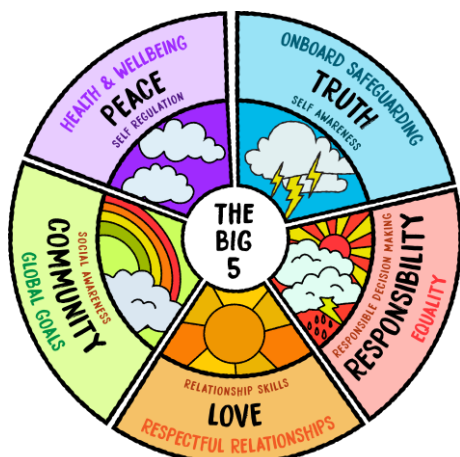
On 2 February 2025, **The Royal Foundation Centre for Early Childhood** published a new framework aimed at **improving awareness of and knowledge about social and emotional skills** to inspire action across society, as part of The Princess of Wales’s mission to create a happier, healthier society. Thirty key skills are grouped into 6 clusters:

- ❖ know ourselves
- ❖ manage our emotions
- ❖ focus our thoughts
- ❖ communicate with others
- ❖ nurture our relationships
- ❖ explore the world

<b>V</b>	<b>Vision</b>
<b>A</b>	<b>Attitude</b>
<b>L</b>	<b>Love</b>
<b>U</b>	<b>Understanding</b>
<b>E</b>	<b>Education</b>
<b>S</b>	<b>Service</b>

**High quality, systematic values-based education:**

- ✓ is essential to effective schooling
- ✓ positively impacts all the important education measures
- ✓ is a worldwide, contemporary phenomenon
- ✓ fits well with updated brain and pedagogical research
- ✓ is a means to holistic student and teacher wellbeing



The **5 core values** at the heart of the **Human Values Foundation’s empowering, experiential learning Personal, Social and Emotional Development (PSED) programmes, THE BIG THINK** for ages 3 to 11, are:

- **PEACE** – to practise self-regulation
- **TRUTH** – to foster self-awareness
- **RESPONSIBILITY** – for sound decision-making
- **LOVE** – to build positive, respectful relationships
- **COMMUNITY** – to appreciate all humanity

This values-based, holistic approach enables individuals to maximise their potential and THRIVE with the qualities and capabilities gained benefitting them throughout life.