We are pleased to present:

SEL HOME

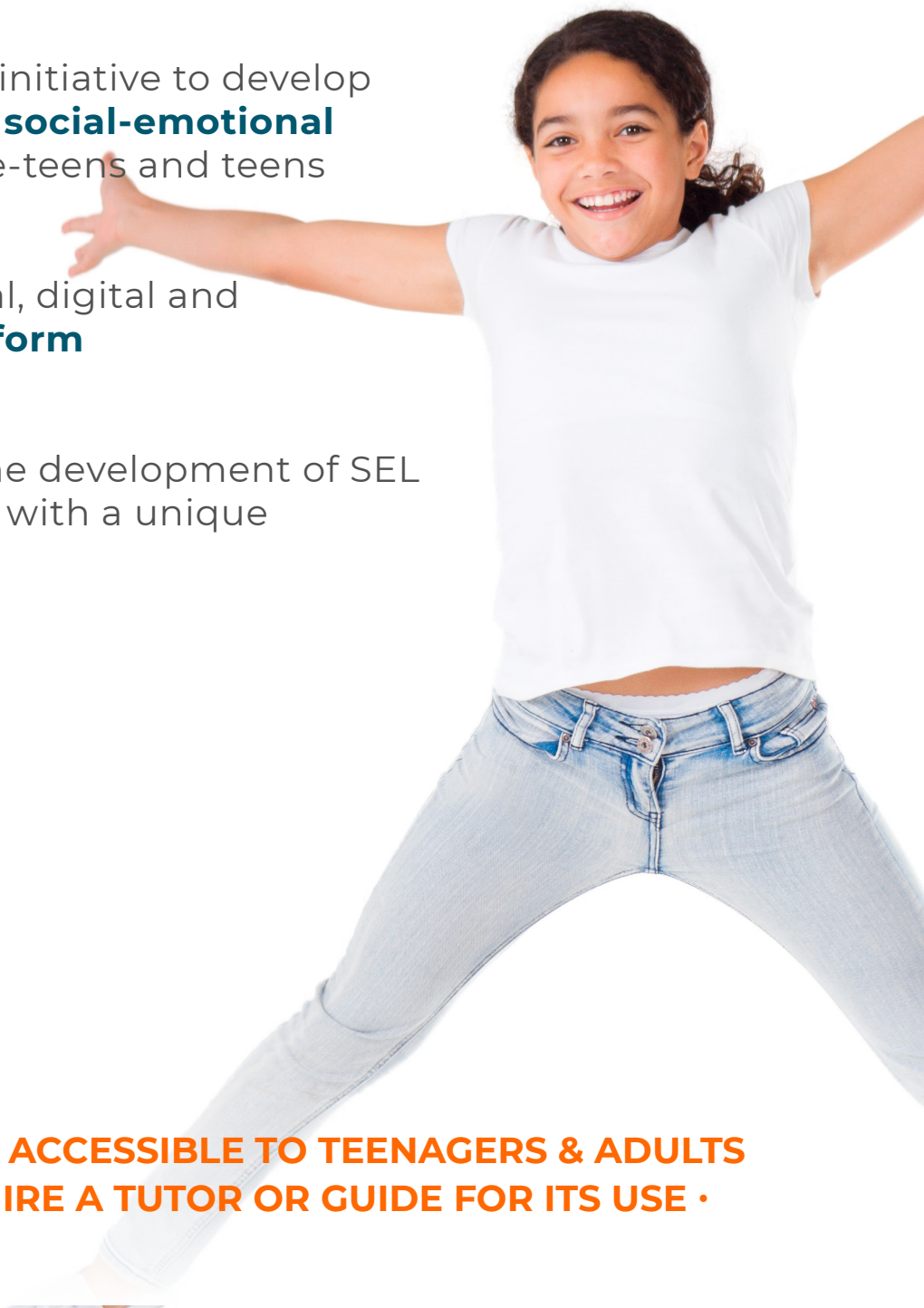An innovative initiative to develop and empower **social-emotional abilities** of pre-teens and teens

An educational, digital and gamified **platform**

It combines the development of SEL **competences** with a unique **experience**

INTUITIVE · SIMPLE · ACCESSIBLE TO TEENAGERS & ADULTS · DOES NOT REQUIRE A TUTOR OR GUIDE FOR ITS USE ·

What is SEL?

Social and emotional learning (SEL) is how children and adults **learn** to **understand** and **manage emotions**, set goals, show empathy for others, establish **positive relationships**, and **make responsible decisions**

Our program:
SELf-care Toolkit

Positive learning that strengthen their **socio-emotional** skills

Methodology based on **cognitive behavior** and integrates gamified activities in its contents

Our contents are drawn up by specialists in **pedagogy**, **psychology** and instructional **design**

We align our content with **CASEL** principles (The Collaborative for Academic, Social, and Emotional Learning)

Impact in children and teenagers

A more balanced state of **mental health** by learning to express and manage their emotions in different contexts.

It helps them to **avoid depression & anxiety** in moments of crisis and promote their emotional well-being after the events of **COVID-19.**

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