

# SOCIAL EMOTIONAL LEARNING QUOTES

## Social Awareness Quotes

"KINDNESS DOESN'T COST ANYTHING, AND YET IT MEANS EVERYTHING."



"JUST KNOW YOURSELF AND OTHERS."

"WE ARE ALL IN THIS TOGETHER AND WHAT A WONDERFUL THING THAT."

"THINK OF OTHERS."

## Self-Awareness Quotes

"YOU ARE ENOUGH AND A WORK IN PROGRESS ALL AT THE SAME TIME."



"LIFE IS A BOOK WITH MANY CHAPTERS. TURN THE PAGE WHERE YOU WANT TO GO."

## Self-Management Quotes

"NAME YOUR EMOTIONS. SIT WITH THEM. GIVE THEM THE SPACE THEY DESERVE."



"LET YOUR BIGGEST GOALS INSPIRE YOU TO DO YOUR BEST EVERY DAY."



"BE YOURSELF. THERE IS NO ONE ELSE LIKE YOU. SELF BE AUTHENTIC. THERE IS NO ONE ELSE LIKE YOU."

# Using Quotes for SEL

## What is social emotional learning?

Social emotional learning is the process for acquiring necessary life skills. These skills include empathy, confidence, friendships, self-control, perseverance, conflict resolution, decision-making and more.

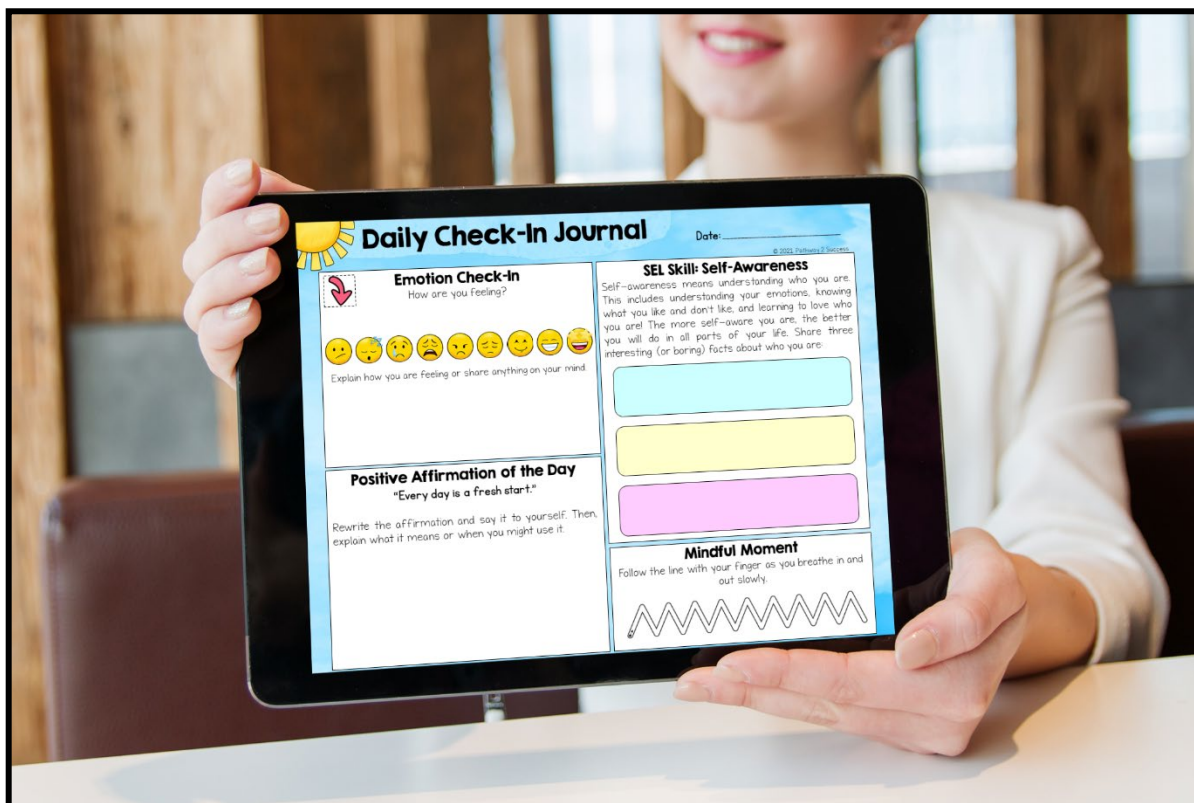
## How can I use quotes to teach SEL?

Discuss one question each day. Post the quote on the board or overhead. You can have students journal about what the quote means to them or chat with a partner. Give time for the class to discuss as a group. Guided questions might include:

- What does this quote mean to you?
- What do you think about it?
- Why is it important?
- What skills do you think this quote might teach us?
- What are some ways you could apply this quote to your life?

## How else can I work on social emotional learning?

Integrate positive self-talk with social emotional learning skills in a daily SEL check-in journal! [Click here](#) or on the image below to learn more.



# Self-Awareness Quotes



**“YOU ARE ENOUGH AND A  
WORK IN PROGRESS ALL AT  
THE SAME TIME.”**



**“YOUR STORY HAS MANY CHAPTERS.  
THINK ABOUT WHERE YOU WANT  
THE NEXT ONE TO LEAD.”**

**“YOU ARE BRAVER,  
SMARTER, AND STRONGER  
THAN YOU THINK YOU ARE.”**



**“BE YOURSELF. BE AUTHENTIC.  
BE UNIQUE. THERE IS ONLY ONE  
YOU.”**

**“LEAN INTO YOUR STRUGGLES.  
THEY HELP YOU BUILD YOUR  
STRENGTH.”**



# Self-Management Quotes

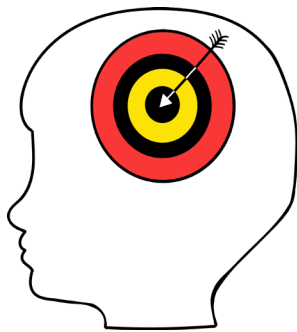


**“NAME YOUR EMOTIONS. SIT WITH THEM. GIVE THEM THE SPACE THEY DESERVE.”**



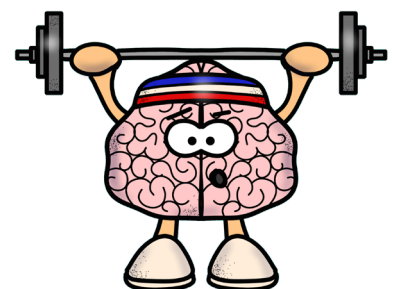
**“LET YOUR BIGGEST GOALS INSPIRE YOU TO DO YOUR BEST EVERY DAY.”**

**“KNOWLEDGE IS A SUPERPOWER THAT NO ONE CAN TAKE AWAY FROM YOU.”**



**“YOU CAN'T FAST-TRACK YOUR SUCCESS. YOU HAVE TO WORK FOR IT.”**

**“IT'S OKAY TO FEEL HOW YOU FEEL. IT'S HOW YOU REACT THAT MATTERS THE MOST.”**



# Social Awareness Quotes



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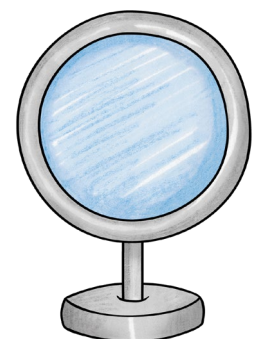
**“JUST BE KIND. YOU NEVER KNOW WHAT SOMEONE ELSE IS GOING THROUGH.”**

**“WE ARE ALL DIFFERENT, AND WHAT A BEAUTIFUL THING THAT REALLY IS.”**



**“THE BEST WAY TO LOVE AND CARE ABOUT SOMEONE IS TO LISTEN TO THEM.”**

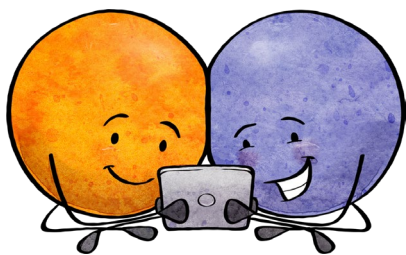
**“HOW YOU TREAT OTHERS IS A REFLECTION OF WHO YOU ARE.”**



# Relationship Quotes

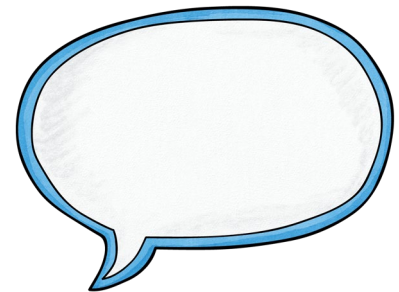


“A TRUE FRIEND WILL ACCEPT YOUR PAST AND ENCOURAGE YOUR FUTURE AT THE SAME TIME.”



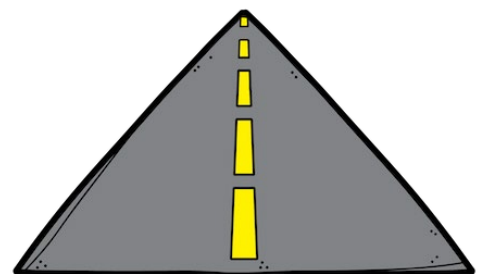
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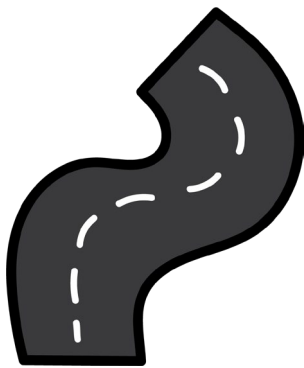
“FRIENDSHIP IS A TWO-WAY STREET.”



# Decision-Making Quotes

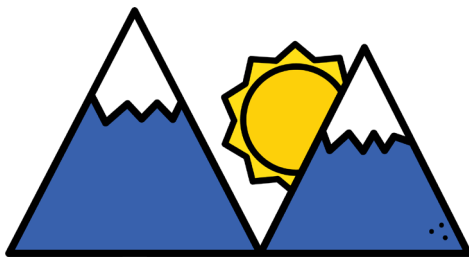
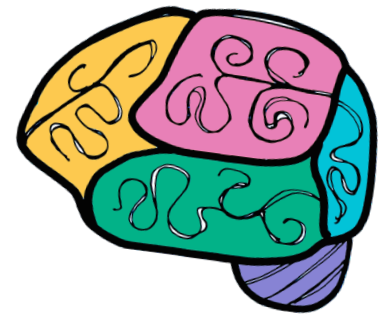


“INTEGRITY IS DOING THE RIGHT THING EVEN WHEN NO ONE IS LOOKING.”



“IT’S NEVER TOO LATE TO STOP AND GO DOWN A DIFFERENT PATH.”

“WHAT YOU DO IS WHAT YOU BECOME.”



“EVERY DAY IS A FRESH START TO DO THE RIGHT THING.”

“YOU ARE FREE TO MAKE A CHOICE, BUT YOU ARE NOT FREE FROM THE CONSEQUENCES OF THAT CHOICE.”



**VERSION WITH  
SLIPS TO CUT**



# Self-Awareness Quotes



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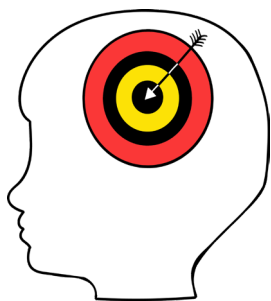


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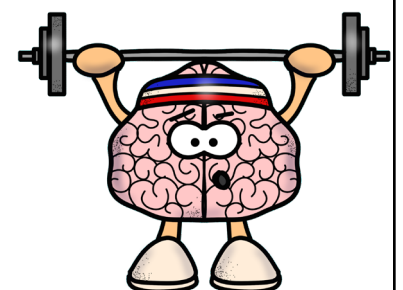
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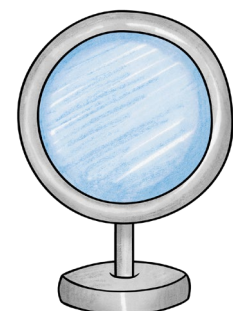
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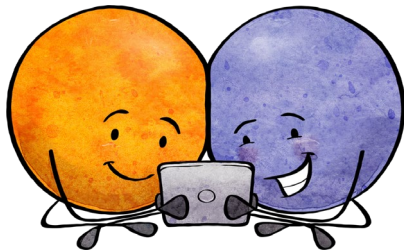
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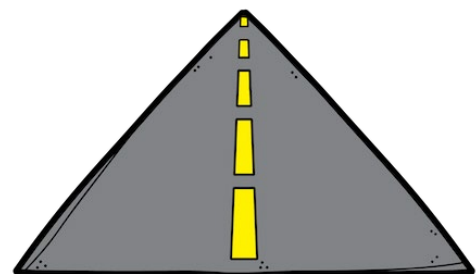
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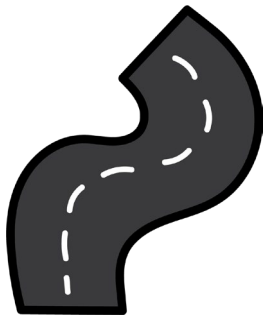
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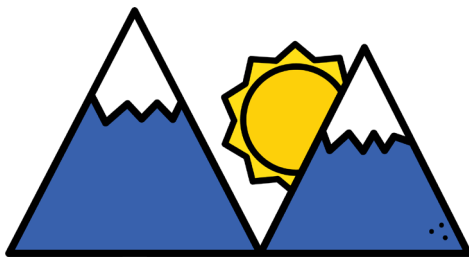
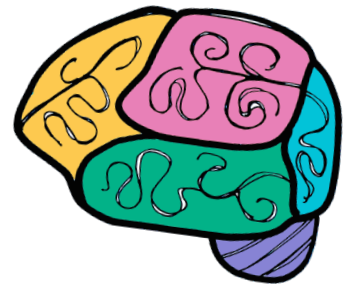


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## • About the Author •



Kristina Scully is a special educator and curriculum specialist with over 13 years' experience in the education field. She has a bachelor's degree in special and elementary education from the University of Hartford, and a master's degree in special education from the University of St. Joseph. She has worked extensively with kids and young adults with social-emotional needs, learning disabilities, autism, executive functioning challenges, and more.

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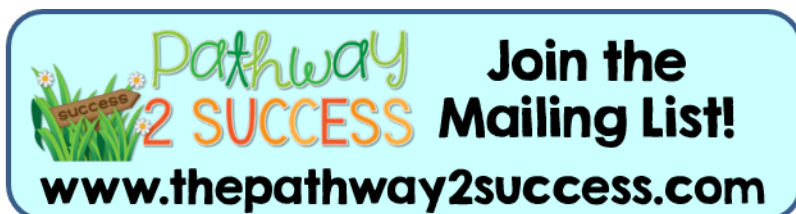
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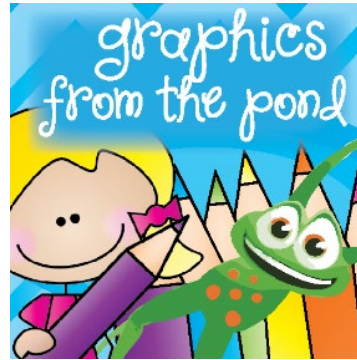
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