



Special Olympics  
Unified Champion  
Schools®

# Special Olympics Unified Champion Schools® and Social Emotional Learning

The **five social and emotional learning (SEL) competencies** identified by the Collaborative for Academic, Social, and Emotional Learning (CASEL) are<sup>1</sup>:

### Self-awareness

the ability to recognize one's emotions and thoughts and their influence on behavior

### Self-management

the ability to regulate one's emotions, thoughts, and behaviors effectively

### Social awareness

the ability to take the perspective of and empathize with others from different backgrounds

### Relationship skills

the ability to establish and maintain healthy relationships with diverse individuals

### Responsible decision-making

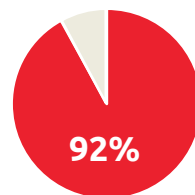
the ability to make constructive choices about personal behavior and social interactions

Ten years of evidence and evaluations<sup>2</sup> show that the Special Olympics Unified Champion Schools® program promotes SEL outcomes through inclusive activities and interactions that offer opportunities for students with and without intellectual disabilities (ID) to work together in collaborative, goal-oriented environments.

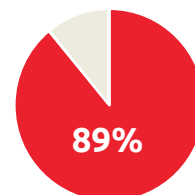


Students who participate in the UCS program feel more supported by their teachers and peers, have higher levels of grit, receive better grades, and are more empathetic and compassionate

### Special Olympics Unified Sports® coaches report that students similarly practiced



relationship skills



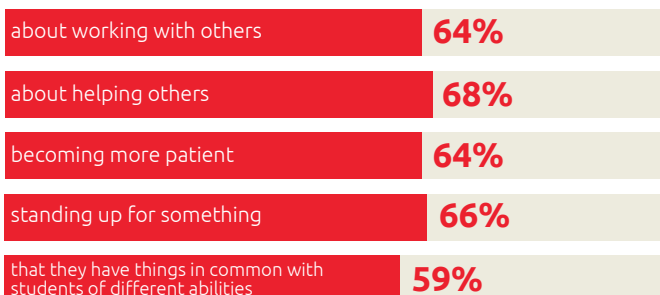
social awareness



responsible decision-making

### in Special Olympics Unified Sports® activities

### Participants in the UCS program report that they learned:



Unified Club advisors report that students in the club have the **chance to practice relationship skills** (89%) and **social awareness** (86%)

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<sup>1</sup> www.casel.org

<sup>2</sup> Center for Social Development and Education, Year 10 Evaluation Report 2017-2018