

# SEL & Equity

*When a child has fewer resources and more threats to their psychological, emotional, behavioral, and spiritual growth, this is how they might land on these continuums impacting SEL.*



Avoiding displeasure

*Chronic stress prevents risk taking that leads to happiness*



Seeking pleasure



Brain Oriented

*Persistent danger means remaining vigilant, not allowing for experience of sensations*



Body Oriented



Survival Mode

*Instead of seeking to meet needs, we insulate through self-protection*



Thriving Mode



Superficial

*The focus on the self with less regard for others, interfering with empathy*



Deep



Guarded

*When adults haven't been fair or kind, trust is difficult to form*



Receptive



Outcomes Focus

*Immediacy of relief is more important than sustainable growth*



Process Focus

*Attention to equity allows for greater opportunities for developing SEL.*