



PEDALS SEL in Action: Capture vs. Model

Capture	Model
 Observe authentic SEL moments as they naturally happen.	 Reflect on captured moments to deepen understanding and skill.
 Focus on spontaneous interactions (not scripted lessons).	 Focus on how to intentionally grow or replicate the relationship-based skills you observed.
 Example: Child comforts a peer without adult prompting.	 Example: Later in reflection, the teacher discusses emotional coaching strategies they used.
 Goal: Recognize when Connection  , Reciprocity  , Inclusion  , and Growth  are already alive.	 Goal: Strengthen awareness and future practice based on what was captured.
 Capture happens <i>quietly</i> —no need to intervene or correct in the moment.	 Modeling happens <i>afterward</i> —through coaching conversations, guided reflection, or professional development.

Why It Matters:

-  Capturing honors what is already working.
-  Modeling invites deeper reflection, practice, and intentional growth.
-  Together, they create a full cycle of SEL professional development:
Notice → Reflect → Grow

Capture First, Model Second.

"The real SEL work is already happening. Our job is to notice it, name it, and nurture it."