

Social Emotional Learning

Social-Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”

(CASEL, 2016)

<p style="text-align: center;">Self-Awareness</p> <p>The ability to accurately recognize one’s emotions and thoughts and their influence on behavior this includes accurately assessing one’s strengths and areas for growth and possessing a well grounded sense of confidence and optimism</p>	<ul style="list-style-type: none"> • Self Perception (strengths, needs, values) • Self efficacy • Confidence • Optimism • Understand relationship between feelings thoughts and behaviors • Identify judgments and biases • Recognition and influence • Roundedness • Meta cognition/ thinking about thinking • Affective statements • Recognizing physiological state of body • Mindfulness • Self-identity (race, gender, age ect.) • Self-reflection • Awareness of ones likes dislikes, interests • Ability to accept limitation, constructive criticism • Trigger warnings
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<p style="text-align: center;">Self-Management</p> <p>The ability to regulate one’s emotions, thoughts and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself and setting and working towards achieving personal and academic goals.</p>	<ul style="list-style-type: none"> • Persistence • Stress management • Dealing with frustration • Self calming • Mindfulness • Self-compassion • Healthy boundaries • Motivation • Setting and monitoring personal and academic goals • Impulse control, Self-regulation • Organizational skills/ skills for learning (listening, focusing attention, self-talk, following directions, asking for what you need and want, staying on task) • Self-fulfillment/ assertiveness • Grit • Growth mindset • Academic mindsets • Self-regulated learning • Coping with and responding to harmful/hurtful words/ actions • Responding to praise
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Social Awareness

The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school and community resources and support

- Perspective taking
- Empathy
- Appreciating diversity
- Recognition of difference and privilege
- Awareness of strengths and challenges of others
- Boundaries/consent/intonation/ social and cultural norms/ humor
- Cultural competence/ responsiveness
- Recognizing family, school, peer, community resources and needs of others
- Upstander / ally
- Compassion
- Situational, cultural and historical awareness
- Recognizing self as a member of a group/ classroom
- Perception of reality

Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively and seeing and offering help when needed.

- Communication skills
- Social engagement
- Friendship skills
- Working cooperatively
- Negotiating
- Refusal skills
- Help seeking
- Discretion
- Peer pressure
- Listening/ reflective listening
- Constructive feedback
- Encouragement, compliments
- Predicting responses of others
- Respectful disagreement/ debate
- Compromise
- Understanding power dynamics
- Kindness

Responsible Decision Making

The ability to make constructive and respectful choices about personal behavior and social interactions based on considerations of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others

- Consider wellbeing of self and others
- Recognizing one's responsibility to behave ethically, safely and with social responsibility and respect
- Evaluating realistic consequences of actions and decisions
- Problem identification and situation analysis
- Problem solving sets
- Evaluation and reflection
- Prudence
- Integrity
- Accountability
- Repairing and restoring relationships
- Conceptualization and understanding of options/ toolbox
- Understanding the concept of ethics
- Recognizing the responsible decisions of others
- Understanding when ethical choices have consequences that