**Secondary Guidance Lesson**

*What is SEL? - Pt. 2*

**Objective:** *To help students understand what Social Emotional Learning is and why it is important*

**Activity:**

* *Review the 5 SEL Core Skills briefly.*
	+ Self-Awareness
		- Understanding your emotions and thoughts and how they influence your behavior
	+ Social Awareness
		- The ability to take the perspective of and empathize with others.
	+ Self Management
		- The ability to regulate your emotions and behaviors in different situations and to set and work toward goals. Learning to manage stress and your time.
	+ Responsible Decision Making
		- The ability to make positive choices and take responsibility for positive and negative outcomes. Avoiding peer pressure and understanding consequences.
	+ Relationship Skills
		- The ability to establish and maintain healthy and meaningful relationships with others. Being a good friend and choosing good friends.

Watch the video about setting SMART goals: <https://youtu.be/3PA-O_u2BIk>

Thinking about the 5 SEL Skills, what is a goal you can set for yourself that would be a SMART goal? WRITE SMART on the board and give students a few minutes to make notes for their SMART goal.

**Follow-up/Closing:** *Group Discussion: What SEL core skill do you wish you knew more about? Why did you choose that one? What was the goal that you set for yourself? Why did you choose that? By mapping out your SMART goal, how does that help you make decisions about what to do next?*