

I KNOW MYSELF

I can identify my feelings like happiness, sadness and fear

I can identify what I like and don't like

SELF-AWARENESS

I AM IN CHARGE OF MYSELF

I can find ways to calm myself

I can follow a routine

I can wait my turn

I can set a goal and work towards it

SELF-MANAGEMENT

I CARE ABOUT OTHERS

I can tell others how I am feeling

I can see what others are feeling

I can care about how others are feeling

SOCIAL AWARENESS

SOCIAL EMOTIONAL LEARNING
SEL

RESPONSIBLE DECISION-MAKING

I CAN MAKE SMART CHOICES

I can explain behavior rules

I can tell when poor choices hurt other people

I can make good choices even when no one is watching me

RELATIONSHIP SKILLS

I WORK TO HAVE HEALTHY RELATIONSHIPS

I can describe the traits of a good friend

I can use polite language when speaking

I can listen to others

I can take turns and share with others

