



Social and Emotional Learning (SEL) at South Weber Elementary

Social and Emotional Learning is one of our top priorities at South Weber Elementary. We work diligently to teach our students skills and practices that they will need to be successful in school and to eventually be successful adults. The Davis School District's SEL Vision Statement is... "Employees and students acquire and effectively apply personal and social attitudes, behaviors, and skills necessary to lead happy and fulfilling lives." We are in full support of this vision and have made it our mission to provide explicit instruction, using the Harmony Curriculum, that will lead to mastery in five competency areas.



We are also committed to using Restorative Practices with our students when a conflict arises. Our focus is on identifying any harm that may have been caused, and then taking appropriate steps to repair any harm done.

Please call with any questions you may have regarding SEL at South Weber Elementary. We love to share the good news. 😊

Self-Awareness - The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- Identifying Emotions
- Accurate Self-Perception
- Recognizing Strengths
- Self-Confidence
- Self-Efficacy



I Know Myself

Self-Management – The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse Control
- Stress Management
- Self-Discipline
- Self-Motivation
- Goal Setting
- Organizational Skills



I Am in Charge
of Myself

Social Awareness – The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective Taking
- Empathy
- Appreciating Diversity
- Respect for Others



I Care About Others

Responsible Decision-Making – The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying Problems
- Analyzing Situations
- Solving Problems
- Evaluating
- Reflecting
- Ethical Responsibility



I Can Make
Smart Choices

Relationship Skills – The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social Engagement
- Relationship Building
- Teamwork



I Work to Have
Healthy Relationships

For more information regarding SEL and Harmony, please visit the links below:

<https://www.davis.k12.ut.us/departments/student-family-resources/social-emotional-learning>

<https://online.harmonysel.org/>

<https://www.harmonysel.org/remote-learning/>