



Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior and the capacity to accurately assess one's strengths and limitations. Exhibits growth mind-set with a well-grounded sense of confidence and optimism.

I KNOW MYSELF.

Self-Awareness SEL Competencies	Pre-K - 2 nd Grades	3 rd - 6 th Grades
1. Demonstrate an awareness of own emotions and the complexities of different emotions.	<ul style="list-style-type: none"> • Identifies basic emotions and different intensities based on physical, verbal, and situational cues. • Describes simple emotions such as: happy, sad, excitement and fear. • Describes several situations where emotions and feelings are linked to behaviors. 	<ul style="list-style-type: none"> • Recognizes how emotions and the intensity level of the emotions can change in different situations. • Recognizes how thoughts and emotions are linked together and to behavior.
2. Demonstrate an awareness of personal qualities, interests, and strengths.	<ul style="list-style-type: none"> • Identifies an interest as it relates to personal experiences. • Identifies and list one's likes and dislikes. • Recognizes and identified personal qualities, interests, strengths, and challenges. • Describe how one's identified personal strengths can support others. 	<ul style="list-style-type: none"> • Describes, prioritizes, and develops personal skills and interests through a variety of learning experiences. • Describes one's personal qualities/skills that contribute to success in school and at home. • Describes and assesses personal strengths related to an accomplishment.
3. Demonstrate a sense of personal responsibility and advocacy.	<ul style="list-style-type: none"> • Identifies situations when it is appropriate to communicate needs, ideas, and desires. • Describes situations when one feels confident and/or in need of help. • Demonstrates ability to be assertive in a respectful way. • Advocates for themselves by asking for help. 	<ul style="list-style-type: none"> • Describes how taking personal responsibility can lead to success at school, home and in the community. • Identifies multiple things one is responsible for at school and at home. • Demonstrates responsible behaviors. • Self-advocates to support responsible choices and to avoid negative behaviors by reaching out to adults for assistance.
4. Identify external and community resources and supports.	<ul style="list-style-type: none"> • Identifies how and where to get help from peer, home, school, and community supports. • Identifies at least one adult they trust. • Describes situations where one seeks help from trusted adults. • Recognizes how and where to get help in an emergency. 	<ul style="list-style-type: none"> • Identifies peer, home, school, and community resources to help solve problems. • Identifies where one could go for support when in need. • Identifies positive adults in various aspects of their lives. • Describes how to get support from others in completing a task, solving a problem, or resolving a conflict.