

KEYS TO SEL - SOCIAL EMOTIONAL LEARNING



UNDERSTAND MY OWN FEELINGS

UNDERSTAND OTHER PEOPLE'S FEELINGS

I CAN HANDLE TASKS & CHALLENGES

I CAN HAVE HEALTHY FRIENDSHIPS

I CAN COMMUNICATE POSITIVELY WITH OTHERS

I CAN RESOLVE CONFLICT

I CAN UNDERSTAND OTHER PEOPLE'S VIEWPOINTS/ PERSPECTIVE AND UNDERSTAND HOW THEY COULD FEEL

I HAVE AWARENESS OF CULTURES DIFFERENT THAN MY OWN

I CAN PROBLEM SOLVE

I UNDERSTAND CONSEQUENCES FOR ACTIONS OF MAKING CHOICES.

TAKE CARE OF MY THINGS

I HAVE TOOLS THAT I CAN USE WHEN I HAVE BIG EMOTIONS

I CAN SET GOALS AND ACHIEVE THEM