



SEL Competencies Resources

SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

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

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

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

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

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



Self Awareness

Skill	Resource	Grade(s)
Identifying Emotions	Feelings & Emotions	TK-2
	Soda Pop Head- Julia Cook (anger management)	2-6
Accurate Self-Perception	I Just Want to Do It My Way- Julia Cook (Accepting Help/ Instruction)	TK-3
Recognizing Strengths	Finding Student Strengths	TK-6
Self-Confidence	Kindness Cards & Shout Out Cards	TK-6
	Filling a Classmates Bucket	K-2
Self-Efficacy	Growth mindset	TK-6

Self Management

Skill	Resource	Grade(s)
Impulse Control	My Mouth As a Volcano- Julia Cook (interrupting)	TK-3
	Soda Pop Head- Julia Cook (anger management)	2-6
Stress Management	Calm Down Corner	TK-6
	The Worry Machine- Julia Cook (managing anxiety)	2-6
	Sensory Breaks	TK-6
Self-Discipline	Personal Space Camp (personal space)	TK-3
	My Mouth is a Volcano (interrupting)	2-6
	The Worst Day of My Life Ever (listening & following instructions)	TK-3
Self-Motivation	Bubble Gum Brain-Julia Cook (positive mindset)	2-6
Goal Setting	Goal Setting PDF	4-6
	Behavior Growth Log	4-6

Organizational Skills	Checklists	TK-6
	Calendars	3-6
	Student Planners	6

Social Awareness

Skill	Resource	Grade(s)
Perspective-Taking	The Worst Day of My Life Ever (listening & following directions)	TK-3
Empathy	Be Kind - Cause & Effect	TK-3
Appreciating Diversity	Inclusive Read Alouds	TK-6
Respect for Others	Playground & Recess Rules	TK-2
	My Mouth is a Volcano-Julia Cook (interrupting)	2-6

Relationship Skills

Skill	Resource	Grade(s)
Communication	Tattle Tongue- Julia Cook (tattling)	2-6
	The Worst Day of My Life Ever (listening & following directions)	TK-3
Social Engagement	Personal Space Camp (personal space)	TK-2
	Technology Tail (social media)	2-6
Relationship Building	Peer Relations & Friendship	TK-2
	Bully Bean-Julia Cook (bullying)	2-6
	Making Friends is an ART-Julia Cook (building friendships)	2-6
Teamwork	Spark PE curriculum	K-6

	Team norms- as a class and as a table team	TK-6
	Kagan Strategies	TK-6

Responsible Decision Making		
Skill	Resource	Grade(s)
Identifying Problems	My Mouth is a Volcano (interrupting)	2-6
Analyzing Situations	Baditude (anger to gratitude)	2-6
Solving Problems	Problem Solving Techniques	TK-2
Evaluating	Tattle Tongue- Julia Cook (tattling)	2-6
	Stop sign - what am I doing?	K-6
Reflecting	Baditude (anger to gratitude)	2-6
	Oops Slip	K-3
	Behavior Growth Log	3-6
Ethical Responsibility	But It's Not My Fault (taking responsibility)	K-3
	Integrity quotes	3-6