



SOCIAL EMOTIONAL LEARNING (SEL)

☀️ SEL Core Competencies:

1 Self-Awareness 🤔

Recognizing your own emotions, triggers, and the impact of your actions.

✦ Example: *"I realized I was being sarcastic in class because I felt embarrassed after being called on. I need to respond differently next time."*

2 Self-Management 🧘

Using self-control to manage impulses, stay composed during challenges, and respond to situations in healthy, respectful ways.

✦ Example: *"I wanted to snap back when someone made a rude comment, but I took a deep breath and walked away instead."*

3 Social Awareness 🤝

Thinking beyond yourself. Demonstrating empathy, compassion, and understanding of how your actions impact others, especially across different backgrounds, personalities, and needs.

✦ Example: *"I didn't realize my joke offended someone. I apologized and understood why it made them uncomfortable."*

4 Relationship Skills 💬

Acting responsibly, taking accountability, listening well, and communicating honestly and respectfully, even when it's hard and uncomfortable.

✦ Example: *"After a disagreement during class, I asked to talk it out with my classmate instead of avoiding them or gossiping."*

5 Responsible Decision-Making ✅

Choosing actions that reflect ethically grounded choices that reflect Christian values and the expectations of the CVCS community.

✦ Example: *"I was tempted to copy a friend's homework, but I remembered the school's integrity policy and chose to do the work myself."*