SOCIAL & EMOTIONAL LEARNING TOOLKIT

What is SEL?

"Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions."

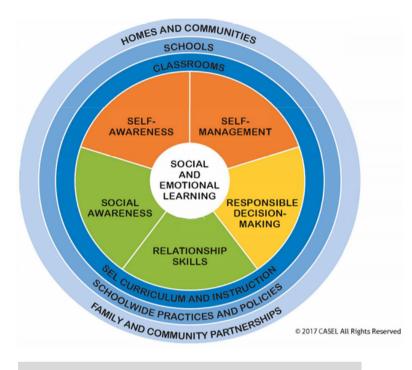© 2017 CASEL All Rights Reserved

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."

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.

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, and seek and offer help when needed.

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.

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.

See full content & descriptions at https://casel.org/what-is-sel/

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MINDFUL PLANNER

Resource Title:

Summary of the Activity:

Core Competencies of SEL:

Select the core competencies and describe how you will target it in your lesson.

☐ **SELF-AWARENESS**	☐ **SELF-MANAGEMENT**	☐ **SOCIAL AWARENESS**
Objectives include: • Identifying emotions • Accurate self-perception • Recognizing strengths • Self-confidence • Self-efficacy	Objectives include: • Impulse control • Stress management • Self-discipline • Self-motivation • Goal-setting • Organizational skills	Objectives include: • Perspective-taking • Empathy • Appreciating diversity • Respect for others

☐ RELATIONSHIP SKILLS

Objectives include:
- Communication
- Social engagement
- Relationship-building
- Teamwork

☐ RESPONSIBLE DECISION-MAKING

Objectives include:
- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

What does success look like?

Assessment Strategy:

☐ **Self-assessment**

☐ **Scored activity**

☐ **Observational narrative**

☐ **Other:**

Assessment Description:

Notes & Next Steps: