

# Social Emotional Learning Skills (K-12)

Skills for life-long learning and development taught through school, family, and community partnerships.



## SELF AWARENESS:

- Understands how thoughts and emotions influence behavior
- Identifies emotions
- Identifies strategies to strengthen physical and emotional health
- Recognizes personal strengths and weakness
- Builds self-confidence
- Practices self-efficacy by making positive changes
- Identifies stressors and emotional triggers
- Understands connection between physical symptoms and emotions

## SOCIAL AWARENESS:

- Recognizes and respects others' perspectives
- Empathizes
- Appreciates diversity
- Respects self and others
- Applies digital citizenship
- Identifies appropriate behavior in various settings
- Recognizes how behaviors affect others

## DECISION MAKING:

- Engages in ethical, safe, and legal behaviors
- Makes decisions and choices following a systematic process
- Mindfully considers and accepts consequences
- Applies growth mindset, resiliency, and perseverance to life experiences
- Balances self-awareness with social and cultural norms

## SELF MANAGEMENT SKILLS:

- Regulates emotions
- Utilizes healthy coping strategies to manage stress
- Practices self-discipline and motivation
- Sets and meets personal goals
- Practices personalized organizational skills
- Practices self-care habits that improve physical & emotional wellness
- Maintains personal boundaries

## RELATIONSHIP SKILLS:

- Communicates clearly and effectively
- Utilizes active listening skills
- Participates in healthy social connections
- Collaborates and works well with others
- Builds and maintains healthy relationships
- Maintains appropriate boundaries with others
- Utilizes a variety of strategies to resolve conflicts
- Advocates for self and others