

Table 1: How to Integrate SEL Support: School-wide, Classroom, and Individual

Competency	Description	Grade Level Goal Examples	Examples of Supports		
			School Wide	Classroom	Individual
Self-awareness	Recognizing feelings, values, strengths and limitations.	<u>Elementary:</u> Recognize and label emotions such as happiness and sadness. <u>Middle:</u> Identify triggers for stress reactions. <u>High:</u> Develop an understanding of how emotions affect others.	Adopt and implement specific SEL curricula to guide instruction. Adopt a school-wide values program focused on character education.	<u>Elementary:</u> Language arts. Teach students to identify feelings using characters in books such as <i>Have You Filled a Bucket Today?</i>	Teach individual students to recognize a range of emotions on a rating scale, such as <i>The Incredible 5-Point Scale</i> (see http://www.5pointscale.com).
Self-management	Regulating emotions and behaviors to handle stress, control impulses, and persevere.	<u>Elementary:</u> Describe steps of setting goals. <u>Middle:</u> Make plans to achieve goals. <u>High:</u> Identify resources and obstacles in achieving goals.	Reinforce SEL skills at lunch, at the playground and other informal settings.	<u>Middle:</u> Science. Teach students to set and achieve goals to complete a science fair project.	Teach individual students to use a self-monitoring system to regulate behaviors, such as <i>How Does My Engine Run Analogy</i> from the Alert Program (see http://www.alertprogram.com).
Social awareness	Demonstrating understanding and empathy.	<u>Elementary:</u> Identify cues about how others feel. <u>Middle:</u> Predict others' feelings and perspectives. <u>High:</u> Empathize with others.	Engage students in service learning projects and civic activities, including school-wide drives to collect donations for causes such as disaster relief.	<u>High:</u> Social Studies. Teach students about empathy in the context of the Civil Rights movement by using resources such as the film <i>The Children's March</i> from http://www.teachingtolerance.org .	Teach individual students perspective-taking skills through strategies such as Social Stories (see http://www.thegrayscale.org).
Relationship skills	Forming healthy relationships, cooperating with others, resisting inappropriate social pressure, and handling conflict.	<u>Elementary:</u> Make and keep friends. <u>Middle:</u> Demonstrate cooperation and teamwork. <u>High:</u> Form relationships with peers, teachers, and family members.	Promote and celebrate partnerships of family-school-community through activities such as picnics, open houses, dinners.	<u>Elementary:</u> Physical Education. Teach students to cooperate during team games and activities. <u>Middle:</u> Take the class through a team-building outdoor education course.	Teach individual students a conflict management system and steps to problem solving.
Responsible decision-making	Making safe and ethical decisions, and respecting others.	<u>Elementary:</u> Respect peers and others. <u>Middle:</u> Resist peer pressure. <u>High:</u> Analyze impact of decisions on future.	Integrate SEL methods into extra-curricular activities. Define what respect looks like in different school settings and post it visually.	<u>Middle and High:</u> Language Arts. Teach about derogatory words by using resources such as the film <i>Offense Taken</i> (see http://rtc.umn.edu/rtcmedia/offensetaken).	Teach individual students about good choices using resources such as a social behavior map (see http://www.socialthinking.com).

Adapted from CASEL, 2003; Kress et al., 2004; Zins et al., 2003.

Best Practices for K-12 Social Emotional Learning (SEL)

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