

# Ideas to Support SEL

Self-Awareness	Social Awareness
<p>Ask students to</p> <ul style="list-style-type: none"> <li>-identify the emotions of a character in a story.</li> <li>-identify their own emotions during certain parts of the class period (such as group work, independent work, etc.)</li> <li>-discuss how a person in history benefited from having a growth mindset.</li> <li>-discuss how they can benefit from working towards having a growth mindset.</li> <li>-analyze a character of a story to link feelings, values, and thoughts.</li> <li>-analyze situations and discuss prejudices and biases.</li> <li>-discuss how history might have changed if a person displayed a growth mindset.</li> </ul>	<p>Ask students to</p> <ul style="list-style-type: none"> <li>-consider an issue from another’s viewpoint.</li> <li>-identify how certain people in history have shown empathy and compassion.</li> <li>-consider the strengths of their classmates and how those strengths help them.</li> <li>-identify how certain people in history have shown concern for others</li> <li>-consider how their classmates have shown concern for others.</li> <li>-express gratitude towards someone in their life that has helped them.</li> </ul>
Relationship Skills	Self-Management
<p>Ask students to</p> <ul style="list-style-type: none"> <li>-reflect on how they can show leadership during group work.</li> <li>-discuss how people in history have shown leadership skills.</li> <li>-identify how a character in a story offered support to someone else.</li> <li>-identify how they can offer support to others in need.</li> <li>-study how someone and/or a group have stood up for the rights of others.</li> <li>-identify how a person in history developed positive relationships.</li> <li>-reflect on how they can develop positive relationships.</li> <li>-study effective communication.</li> <li>-reflect on how effective communication skills helped people in history.</li> </ul>	<p>Ask students to</p> <ul style="list-style-type: none"> <li>-consider how a character in a story managed their own emotions.</li> <li>-reflect on how they manage their emotions during group work.</li> <li>-reflect on how planning and organization can help them accomplish the assigned task.</li> <li>-reflect on how planning and organization helped someone in history accomplish their goal.</li> <li>-identify how a person in history showed courage when taking an initiative.</li> <li>-set collective goals for their group.</li> <li>-analyze how a person in history benefited from self-discipline.</li> <li>-analyze how collective agency helped groups in history.</li> </ul>
Responsible Decision-Making	
<p>Ask students to</p> <ul style="list-style-type: none"> <li>-decide between two reasonable answer choices and justify their answers.</li> <li>-debate possible solutions for social problems.</li> <li>-outline ways they can focus on their own well-being and why it’s important.</li> <li>-evaluate the way(s) a person of history impacted their community.</li> <li>-evaluate the way(s) they can impact their community.</li> <li>-analyze data and facts to make a decision.</li> <li>-evaluate the consequences of a person’s actions.</li> <li>-reflect on how a person’s curiosity helped them in their life.</li> </ul>	

\*Based on the CASEL Framework [www.casel.org](http://www.casel.org)

