

Social-Emotional Learning Components Quick Reference

SEL Component	Definition	What it might look like when taught in a classroom	What it might look like when it is NOT taught in a classroom
Self-Awareness	This means that students can take stock of their emotions and analyze how they feel at any given moment	- Students can name and describe their feelings - For younger grades, there may be an anchor chart or some other visual about emotions	Students don't know how to express how they feel
Self-Management	This takes self-awareness a step further, and after analyzing HOW they feel, responding appropriately, and dealing with those emotions	- Students take a break when they need one - Students practice calming techniques on their own	- Students lash out at others, verbally or physically - Students damage property or destroy classwork
Responsible Decision Making	Every student needs to learn a process for how to navigate difficult decisions in life and learn how to make responsible choices	- Students carefully weigh their options and consider all potential outcomes when faced with an important decision - Students have tools available to them to help them make those decisions	- Students act impulsively - Students don't consider the impact of their choices until it's too late
Social Awareness	This means being aware of others and their feelings and being able to "read a situation"	- Students regularly demonstrate empathy for each other - Students are respectful of each other when sharing - Students know when to back off and give someone space	- Students mock each other - Students seem unaware of or unaffected by others
Relationship Skills	This takes social awareness a step further and involves how students interact with others in social, academic, and professional settings	- Students have strategies in place for handling conflict - Students build strong friendships with their peers	- Students are rude and/or dismissive to classroom visitors or others they encounter in the school building - Students exhibit bullying behaviors - Students resort to physical aggression to get their way or to resolve a problem