

# Social-Emotional Learning Competencies for Families

SEL Competency (characterized by)	Skills: Person Will Be Able To	Strategies or Activities
<b>Sensory Motor Integration</b> Ability to sense and recognize sensations in the body and how they connect to emotions	* Tell the difference between bodily sensations that are related to physical and emotional stimuli * Identify the location of sensations in the body that relate to emotions	Breathing techniques Grounding exercise Midline-Crossing activities
<b>Insight</b> Ability to identify one's emotions and understand how they affect one's thoughts, attitudes, and actions	* Name one's current emotions * Communicate the connection between one's experienced emotion and a met or unmet need	Affective Statement Restorative Questions ABC Model by Albert Ellis
<b>Regulation</b> Ability to measure the intensity of one's emotions and employ strategies to address strong emotions	* Describe the intensity of one's experienced emotion using a variety of words * Develop a personal wellness plan that can be accessed to manage emotions	Calming Jar Circle of Control
<b>Connection</b> Ability to empathize with others and perceive a situation through a lens of diverse backgrounds and cultures	* Listen attentively and reflect accurately messages received from others * Acknowledge and validate others' perspectives and experiences	Games: Would You Rather Yes, Please/No, Thank You!
<b>Collaboration</b> Ability to work well with others, including in a group and on a team	* Express one's ideas and opinions to set clear goals and objectives * Overcome challenges and manage conflict using a variety of approaches	SMART Goals Restorative Questions
<b>Critical Thinking</b> Ability to understand one's thinking process in order to enhance learning and make responsible decisions	* Define a problem or issue, hypothesize the cause or source, and propose multiple potential solutions * Evaluate outcomes of each solution and select the best course of action	Metacognitive Questions Logical Fallacies
<b>Mindset</b> Ability to practice cognitive flexibility and willingness to learn	*Develop a plan for accomplishing a goal that acknowledges: <ul style="list-style-type: none"> <li>• motivation</li> <li>• one's strengths and growth opportunities</li> <li>• potential for challenge or failure</li> <li>• and moral implications</li> </ul> *Accept and offer constructive feedback	Process Praise Worst Case Scenario