

Possible Descriptors of Social-Emotional Competencies

<p>Self-Awareness- The ability to understand one's own emotions, thoughts, and how they influence behavior.</p>	<ul style="list-style-type: none"> ● Asks for help when needed ● Able to describe own feelings ● Understands impact of their behavior on classmates ● Aware of strengths as a learner ● Aware of areas of challenge as a learner ● Able to let the 'little things' go ● Admits mistakes ● Makes good use of time ● Understands own cultural background ● Is enthusiastic and curious in approaching new activities
<p>Self-Management- The ability to manage one's emotions, thoughts, and behaviors effectively in different situations.</p>	<ul style="list-style-type: none"> ● Works independently with focus ● Controls impulses during class ● Able to recover quickly from setbacks ● Able to use coping strategies when needed ● Able to wait quietly ● Uses a variety of strategies when challenged ● Uses words to express big emotions ● Uses feedback to improve performance ● Follows directions ● Organizes materials to be prepared ● Attends to personal needs
<p>Social Awareness- The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</p>	<ul style="list-style-type: none"> ● Listens to classmates and teacher ● Shows curiosity and openness to those of diverse backgrounds ● Seeks to understand cultural background of others ● Shares space and materials ● Listens when others speak ● Respects self, others, and materials ● Asks for help when needed ● Provides support to peers in need ● Understands behavioral expectations in classroom and on the yard
<p>Relationship Skills- The ability to establish and maintain healthy relationships and to effectively navigate settings with diverse individuals and groups.</p>	<ul style="list-style-type: none"> ● Participates in class activities ● Works cooperatively with peers ● Apologies when having hurt someone ● Listens actively to adults and peers ● Seeks to resolve conflicts with peers ● Offers to be an ally to peers in need ● Resists negative social pressure ● Seeks adult help when appropriate ● Engages in cooperative play ● Takes responsibility for own actions
<p>Responsible Decision-Making- The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.</p>	<ul style="list-style-type: none"> ● Makes choices that are safe and responsible ● Able to make tough decisions when needed ● Asks questions to deepen understanding ● Seeks assistance when needed ● Considers the outcome of decisions before acting ● Considers ethical and safety issues when making decisions ● Stops and thinks before acting ● Speaks his/her truth