



What SEL Does (& Does Not) Look Like in the Classroom

Self Awareness

Yes

- Using your words.
- Respecting personal space.
- Making healthy choices.

No

- Touching w/o permission
- Dismissal of space requests
- Commenting on clothes or appearance.

Self Management

Yes

- Respecting agreements
- Practicing skills for unpleasant emotions
- Finding your voice

No

- Dismissing pain, anger, emotions
- Abusing yourself or others
- Dishonoring our compassionate space

Social Awareness

Yes

- Honoring our inclusive classroom
- Respecting individuals
- Understanding your behavior's role in the whole.

No

- Making negative comments
- Not being present (being distracted)
- Dominating the group with your voice

Positive Relationships

Yes

- Human Connection
- Positive Youth Identity
- Being culturally sensitive, examine implicit bias
- Acting with agency.

No

- Eye Rolling, grunting, commenting sotto voce
- Laughing at others
- Making assumptions
- Ignoring individuals

Responsible Decisions

Yes

- Identifying all possible decision options
- Articulate consequences of their decisions
- Understands the effects of their decisions on others.

No

- Behavior against norms and procedures
- Selfish choices and decisions
- Untrustworthy, disrespectful, or deceitful behaviors