

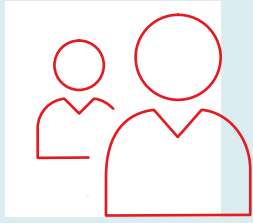


# Social and Emotional

Learning Competencies

For more information on the Core Competencies, visit [casel.org/core-competencies](http://casel.org/core-competencies)

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## Social Awareness

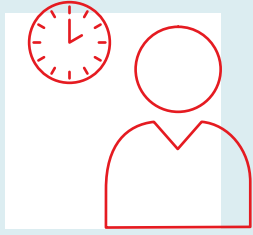
The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.

- Work together with your child each day to create a “help the world” mission.
  - **Example:** Use sidewalk chalk to write cheerful (yet socially distant) messages for neighbors who are going for walks.

# Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

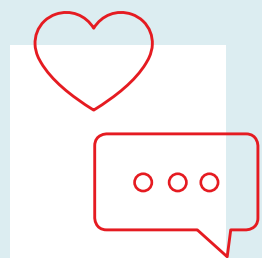
- Practice making predictions. Ask questions such as, "How long do you think it will take us to eat breakfast? Solve a math problem? Clean up the kitchen?" The ability to estimate and make predictions is an important skill that supports many other skills.
- Download a yoga, deep breathing, or meditation app and schedule some time with your child to engage in these activities together.
- Drawing challenge: Encourage your child to create a drawing each day around a single theme (e.g., springtime), explain that drawing, and describe what he or she was thinking about while drawing. These explanations and descriptions help children develop the ability to review and assess their thinking.
- Together with your child, practice creative self-praise. For example, if your child says, "I guess I did okay on my writing assignment," help him or her to include praise in their self-appraisal with comments such as, "I included lots of details, my character was really interesting, and I know my readers will be excited to see what comes next!" Practicing self-praise can help children develop the ability to offer constructive and creative praise to others, which is a key skill for relationship-building.



## Self-Management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating oneself. This competency also includes the ability to set and work toward personal and academic goals.

- Use a timer to set short timespans for completing tasks. Upon a task's completion, set another short timespan for the child to blow bubbles, play a game of hide-and-seek, or any other play activity. Gradually increase the time on work tasks. This time-controlled allocation of work and play helps children develop patience and self-control.
  
- During stressful moments, take a moment to model how to pause, attend to deep breathing, and calmly examine the root cause of the stress. You can role-play a variety of situations to practice how to de-escalate a stressful situation.
  
- Goal setting is a key skill for self-management. At the beginning of the day, set one or two goals together (e.g., "I will eat three healthy snacks today") and revisit the goal(s) at the end of the day. Celebrate every goal achieved with a small reward, such as watching a movie together.



## Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

At every age, whether a toddler or a high school student, kids can feel the effects of being socially isolated. Fortunately, there are both digital and physical solutions for beating the social blues.

- Digital pen pals: Set up a digital email exchange with other children, such as friends from school, children of coworkers, etc. Be sure to ask permission of all adult caregivers and monitor emails periodically.
  
- Set up a collaborative digital contest using a social platform.
  - **For example:** which team can create the best online comic book about dinosaurs?
  
- Create a collaborative learning project using interactive online tools. For example, children can work with other children to record podcasts about their adventures at home, chat online about how to design the ultimate treehouse, or build a collaborative online joke library.



## Responsible Decision-Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of the consequences for various actions and a consideration of the well-being of oneself and others.

- Play! When children engage in open, unstructured play, this helps them develop the individual and group decision-making skills that will help them make smart choices in other situations.
  
- On index cards, write several examples of possible situations (e.g., a plate of food spills, a child is sad because he lost at a sports game, etc.). Ask your child to take a card and draw a comic strip or write a list of the decisions he or she would make in that situation.
  
- Create a poster with your child that lists specific strategies for making effective decisions (e.g., thinking about causes and effects before making a choice, writing lists of pros and cons, pausing before making hasty choices, etc.).

# All Competencies

- Game design: Play a few board or card games, and then ask your kids to create their own games. Children can even make their own dice (look online for printable templates), game pieces, and cards.
- Project-based learning: Every few days or each week, introduce a project, set achievable goals for the project, and then work a little bit each day on those project goals. It can be anything from “Teach other kids how to play your favorite card game.” to “How do people predict the weather?”.

