

K-12

Self-Awareness:
Knowing what we are feeling in the moment: having a realistic assessment of our own abilities and a well-grounded sense of self-confidence **SLFA**

- 1 Identify one’s emotions** **SLFA.1**

- 2 Maintain an accurate and positive self-concept** **SLFA.2**

- 3 Recognize individual strengths** **SLFA.3**

- 4 Experience a sense of self-efficacy** **SLFA.4**

Self-Management:
Handling our emotions so they facilitate rather than interfere with the task at hand: being conscientious and delaying gratification to pursue goals: persevering in the face of setbacks and frustrations. **SM**

- 1 Regulate emotions** **SM.1**

- 2 Manage stress** **SM.2**

- 3 Monitor and achieve behaviors related to school and life success.** **SM.3**

Social Awareness:
Understanding what others are feeling: being able to take their perspective; appreciating and interacting positively with diverse groups. **SOCA**

- 1 Exhibit empathy** **SOCA.1**

- 2 Appreciate diversity** **SOCA.2**

- 3 Understand social and ethical norms for behavior** **SOCA.3**

- 4 Recognize family, school, and community supports** **SOCA.4**

Relational Skills:
handling emotions in relationships effectively: establishing and maintaining healthy and rewarding relationships based on solutions to conflict, and seeking help when needed. **RS**

- 1 Build and maintain relationships with diverse groups and individuals** **RS.1**

- 2 Communicate clearly to express needs and resolve conflict** **RS.2**

Responsible Decision Making: avoiding risky behaviors, dealing honestly and fairly with others; an ability to make decisions and solve problems on the basis of accurately defining decisions to be made and anticipating the consequences of each—learning from one’s decision making. RDM

1 Problem solve effectively RDM.1

2 Maintain accountable behaviors in school, personal, and community contexts RDM.2