



# CURRICULUM ALIGNMENTS TO SOCIAL- EMOTIONAL LEARNING SKILLS BASED ON CASEL 21 FRAMEWORK\*



**Bolded numbers show how many activities in the curriculum integrate the specific competency**

SA Self-Awareness	SM Self-Management	SCA Social Awareness	RS Relationship Skills	RM Responsible Decision-Making
1. <b>Integrating personal and social identities</b> <b>29</b> 2. Identifying personal, cultural, and linguistic assets <b>9</b> 3. Identifying one's emotions <b>10</b> 4. Demonstrating honesty and integrity <b>10</b> 5. <b>Linking feelings, values, and thoughts</b> <b>36</b> 6. Examining prejudices and biases <b>18</b> 7. Experiencing self-efficacy <b>9</b> 8. Having a growth mindset <b>13</b> 9. Developing interests and a sense of purpose <b>9</b>	1. Managing one's emotions <b>1</b> 2. Identifying and using stress management strategies – 3. Exhibiting self-discipline and self-motivation <b>15</b> 4. Setting personal and collective goals <b>12</b> 5. Using planning and organizational skills <b>14</b> 6. Showing the courage to take initiative <b>4</b> 7. Demonstrating personal and collective agency <b>19</b> <div style="text-align: center;"></div>	1. <b>Taking others' perspectives</b> <b>25</b> 2. <b>Recognizing strengths in others</b> <b>23</b> 3. <b>Demonstrating empathy and compassion</b> <b>31</b> 4. <b>Showing concern for the feelings of others</b> <b>31</b> 5. Understanding and expressing gratitude <b>9</b> 6. Identifying diverse social norms, including unjust ones <b>18</b> 7. Recognizing situational demands and opportunities <b>8</b> 8. Understanding the influences of organizations and systems on behavior <b>14</b>	1. <b>Communicating effectively</b> <b>30</b> 2. Developing positive relationships <b>7</b> 3. Demonstrating cultural competency <b>14</b> 4. Practicing teamwork and collaborative problem-solving – 5. Resolving conflicts constructively <b>12</b> 6. Resisting negative social pressure <b>9</b> 7. Showing leadership in groups <b>2</b> 8. Seeking or offering support and help when needed <b>1</b> 9. Standing up for the rights of others <b>13</b>	1. <b>Demonstrating curiosity and open-mindedness</b> <b>27</b> 2. Learning how to make a reasoned judgment after analyzing information, data, and facts <b>9</b> 3. <b>Identifying solutions for personal and social problems</b> <b>21</b> 4. Anticipating and evaluating the consequences of one's actions <b>9</b> 5. Recognizing how critical thinking skills are useful both inside and outside of school <b>12</b> 6. <b>Reflecting on one's role to promote personal, family, and community well-being</b> <b>22</b> 7. <b>Evaluating personal, interpersonal, community, and institutional impacts</b> <b>20</b>
<b>TOTAL: 584</b> Activity Alignments to CASEL 21 Framework Skills				
<b>143</b>	<b>73</b>	<b>159</b>	<b>88</b>	<b>120</b>

- ⇒ Every **Lesson Introduction** lists all competencies and skills in the lesson. Each **Lesson Segment** includes abbreviations for specific skills integrated into that segment activity. *Example:* SA5; SCA1-5; RS1; RM1
- ⇒ It is important to note that because SEL is *integrated* and not explicitly being taught in these lessons, students can show or experience a combination of many of the competencies and their skills in a given lesson.
- ⇒ Learn more about the CASEL 21 Framework at [casel.org](http://casel.org) For conversion of CASEL framework to other SEL Frameworks visit [exploresel.gse.harvard.edu](http://exploresel.gse.harvard.edu).