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| **CASEL** | **Wisconsin Department of Public Instruction (6th – 8th)** | **7 Mindsets 28 Learning Objectives** |
| **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.” | **Emotional Development – Understand and manage one’s emotions**   * Learners will be able to recognize and label a variety of complex graded emotions in self and others.   **Self-Concept – Develop positive self-identity and recognize self as lifelong learner**   * Learners will be able to use optimism and a “growth mind set” to recognize strengths in self in order to describe and prioritize personal skills and interests they want to develop. * Learners will be able to self-reflect on their values and beliefs and how their behaviors relate to those values and beliefs. | **Dream Big (1.1)** - Students build a positive self-image through greater appreciation of their unique abilities to succeed in school and life.  **Think Positive (1.3)** - Students gain a broader perspective on their abilities and attitudes. They also deepen their appreciation and connection to the world around them.  **Focus on Strengths (2.1)** - Students gain a greater knowledge of and appreciation for their own talents and the relevance they bring to themselves, as well as, their school and community.  **Explore Your Interests (2.2)** - Students gain a greater knowledge of and appreciation for their own interests and the relevance they have to themselves.  **Take a Stand (2.3)** - Students gain a greater knowledge of and appreciation for their own values and the relevance that they bring to themselves, as well as, their school and community.  **Be Authentic (2.4)** - Students gain a better understanding of and learn to apply their strengths, interests, values, and personal desires towards their life, schoolwork and their future.  **Treasure Yourself (5.1)** - Students develop a deeper understanding of their positive qualities and the connection it has with their attitudes and perspectives.  **Stretch Yourself (6.1)** - Students utilize a better understanding of themselves and how their lives impact others, their community and the world.  **Make a Difference (6.2)** – Student gain understanding and practice the importance of serving others and being a positive influence.  **Create a Legacy (6.4)** - Students utilize a better understanding of themselves to identify they type of impact they want to have with their lives and work. |

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| **Self-Management**  The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals. | **Emotional Development – Understand and manage one’s emotions**   * Learners will be able to express their emotions in an appropriate and respectful manner using a variety of modalities (e.g. verbal and nonverbal). * Learners will be able to identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger. * Learners will be able to independently use organizational skills and strategies to focus attention in order to work toward short-term personal and academic goals.   **Self Concept - Develop positive self-identity and recognize self as a lifelong learner**   * Learners will be able to consistently set attainable, realistic goals, and persist until their goals are achieved. * Learners will be able to identify successes and challenges, and how they can learn from them. | **Think Positive (1.3)** - Students gain skills to manage their own emotions to drive better relationships and outcomes in their lives.  **Own Your Life (4.1)** - Students build an understanding of how their own thoughts and actions dictate short-term and long-term outcomes in their lives.  **Overcome Limiting Beliefs (4.2)** - Students build an understanding of how negative thought patterns drive actions and behaviors.  **Focus Your Energy (4.3)** - Students build an understanding of prioritizing activities and organizing their days to create better outcomes.  **Grow Through Life (4.4)** - Students build an understanding of the growth mindset and the process of developing your talents and interests to drive success in school and life.  **Embrace Every Moment (7.1)** - Students learn to become more thoughtful and present in the moment, bringing their full capacity to their decisions and actions.  **Get in the Zone (7.2)** – Students learn how their state of mind affects their actions and decisions.  **Act with Purpose (7.4)** – Students learn the effects of their actions and develop capacity to prioritize and focus on the most meaningful and “growth-based” activities. |

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| **Social Awareness**  The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports | **Emotional Development – Understand and manage one’s emotions**   * Learners will be able to provide support and encouragement to others through perspective taking, empathy, and appreciation for diversity. * Learners will be able to recognize expressions of empathy in society and communities.   **Self Concept - Develop positive self-identity and recognize self as a lifelong learner**   * Learners will be able to identify how family and culture impact their thoughts and actions.   **Social Competence - Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large**   * Learners will be able to show respect for other people’s perspectives. * Learners will be able to reflect how cross-cultural experiences can influence their ability to build positive relationships. * Learners will be able to identify discrimination of individuals and groups based upon perceived differences. * Learners will be able to identify how social norms for behavior vary across different settings and within different cultures. * Learners will be able to advocate for themselves. * Learners will be able to, with adult guidance, create an action plan that addresses a need in the classroom, school, or community. | **Embrace Everyone (3.1)** - Students become more intrinsically motivated to build empowering relationships with others, as well as, understand other cultures and perspectives.  **Maximize Positive Relationships (3.2)** – Students gain broader understanding on the impact of relationships and orient themselves towards more positive and productive interactions with others.  **Build Your Dream Team (3.3)** – Students learn strategies to develop meaningful relationships with others who can assist them at school and in life.  **Be More Grateful (5.2)** - Students gain greater perspectives on the positive influences and support structures in their lives, as well as, other cultures and ethnicities.  **Thank It Forward (5.3)** – Students develop capacity to recognize and reinforce the positive impact of others on their lives.  **Receive Gracefully (6.3)** – Students learn perspectives on interacting with others and connecting with other cultures.  **Embrace Every Moment (7.1)** - Students develop strategies to become more engaged in the present moment and more thoughtful and constructive in their interactions.  **Get in the Zone (7.2)** – Students understand social norms and the impact their perspectives and emotions have on how they interact with others. |

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| **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 to offer help when needed. | **Social Competence - Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large**   * Learners will be able to recognize the emotional, physical, social, and other costs of negative relationships. * Learners will be able to use active listening and assertive, clear communication when expressing thoughts and ideas. * Learners will be able to recognize and respond appropriately to constructive feedback. * Learners will be able to work cooperatively and productively in a group and overcome setbacks and disagreements. * Learners will be able to recognize negotiation skills and conflict resolution skills to resolve differences. * Learners will be able to identify the impact of their decisions on personal safety and relationships. * Learners will be able to advocate for themselves. * Learners will be able to, with adult guidance, create an action plan that addresses a need in the classroom, school, or community | **Think Positive (1.3)** - Through improved attitudes and perspectives, students become better friends and more easily connect with others.  **Embrace Everyone (3.1)** - Students begin developing strategies for making connections and building meaningful relationships with others.  **Maximize Positive Relationships (3.2)** – Students learn to discern between positive and negative influences and orient themselves to positive social and emotional interactions.  **Build Your Dream Team (3.3)** – Students develop strategies to develop critical empowering relationships they need for success.  **Be More Grateful (5.2)** – Students become more mindful of others and learn strategies to execute positive social exchanges and develop deeper positive relationships with others.  **Thank it Forward (5.3)** – Students become more aware of the influence of others and develop strategies to connect and develop relationships with others  **Receive Gracefully (6.3)** - Students learn specific strategies to relate to others in a more positive and purposeful manner.  **Let Yourself Be Vulnerable (7.3)** - Students learn to be more open, sincere, and authentic with others. |

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| **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 consequences of various actions, and a consideration of the well being of oneself and others. | **Social Competence - Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large**   * Learners will be able to make constructive choices about personal behavior and social interaction in order to evaluate the consequences of various actions with consideration of well-being for oneself and others. * Learners will be able to honor social norms with respect to safety of oneself and others. * Learners will be able to identify actions that would positively impact change in a classroom, school, and community. | **Dream Big (1.1)** - Students increase their expectations and connect current decision and acts to future goals and consequences.  **Own Your Life (4.1)** - Students develop a new perspective on their daily choices and become more intrinsically motivated to make better and more purposeful decisions.  **Focus Your Energy (4.3)** - Students gain a new perspective on their daily priorities and connect their activities with their goals and possible consequences in the future.  **Grow Through Life (4.4)** – Students learn how decisions affect their growth and personal development, as well as, their capacity to achieve their goals in life.  **Embrace Every Moment (7.1)** - Students become more present and learn approach to be better equipped to make appropriate decisions.  **Get in the Zone (7.2)** – Students learn the impact of their feelings, thoughts, and emotions on their ability to make effective decisions.  **Act with Purpose (7.4)** – Students learn to orient their decisions and actions towards activities and outcomes that are productive for themselves and others. |