



The Key to Unlocking **STUDENT POTENTIAL**

Thriving Learning Communities™ (TLC) empowers educators to enable students to bring forth the strengths they need to reach their full potential.

TLC applies the science of character strengths to the practice of teaching and learning. Our research-based approach improves students' social and emotional learning (SEL) skills by helping them identify their inherent strengths to build confidence, better adapt to change, and strengthen relationships to create a more positive school culture. Our unique approach combines the following four powerful elements:



The Science of Character

TLC helps students recognize and apply their unique combination of strengths to unlock their potential. This research-based approach to SEL provides a common language and an appreciative lens from which to build social and emotional learning skills that accelerate motivation and engagement; impacting student attendance, discipline and academic performance.



Transform Through SEL

By applying their individual strengths, the TLC program empowers educators to appreciate differences, increase a sense of belonging, and shape the environment in which students learn.

Our transformative approach to SEL addresses the five interrelated sets of competencies: self-awareness, self-management, social awareness, relationship skills, and decision-making (CASEL, 2020).



The Flexibility You Need

Each school setting is different. Our extensive PK-12 print and digital resources equip educators to deliver interactive SEL activities, leading to new pathways of engagement, ultimately shaping school culture. TLC's offerings provide flexible curriculum, professional practice tips, and family involvement resources that support the customization and innovation required in today's changing landscape.



Professional Learning

Designed to meet the needs of today's professionals, TLC provides a variety of options that equip educators with the knowledge, skills, and confidence to implement SEL curriculum and integrate a strength-based approach throughout the school day. We create school Champions that are equipped to customize the program, support their peers, and lead the transformation of their learning culture.

“ Create positive school cultures that expand student engagement, learning and performance. ”

For more information, email us at: tlc@mayersonacademy.org

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DOMAIN: EMOTIONAL DEVELOPMENT (PK-5K)

Understand and manage one's emotions.



	CASEL Domain	Competencies: PK-5K	Thriving Learning Communities™: Early Childhood Activities
1	Self-Awareness	Learners will be able to demonstrate awareness of their emotions and how they may be the same or different from others. Wisconsin Model Early Learning Standards WMELS Domain II A. EL.I	<p>Students are introduced to character strength language and discuss what makes each of them special.</p> <ul style="list-style-type: none"> Know Your Strengths; What I Am; Self-Portraits; Can You Find? <p>Students express their strengths through art.</p> <ul style="list-style-type: none"> My Strong Collage; Community Talent Board <p>Students use stories to connect strengths to fictional characters.</p> <ul style="list-style-type: none"> Growing a Strength; Can Giraffes Dance? <p>Students use coloring and a breathing technique to become centered and calm.</p> <ul style="list-style-type: none"> Mindful Coloring; Hibernating Bear <p>Students use visual cues to understand classmates' perspectives and to ask questions.</p> <ul style="list-style-type: none"> How Do You Feel?
2	Self-Management	Learners will be able to, with adult guidance, use verbal and nonverbal language to demonstrate a variety of emotions. WMELS Domain II A. EL.I	<p>Students learn about the strength of and how they can use it at school.</p> <ul style="list-style-type: none"> Painting Mistakes; Self-Portraits <p>Through reading and writing a play, students explore how everyone can create something.</p> <ul style="list-style-type: none"> What Can You Make?; Playing My Part <p>Students use their creativity to imagine both a "happy place" and being in nature.</p> <ul style="list-style-type: none"> Creating My Happy Place; Feeling Nature
3	Self-Management	Learners will be able to, with adult guidance, display age-appropriate self-control. WMELS Domain II A. EL.I	<p>Students learn about the strength of self-control and how they can use it at school.</p> <ul style="list-style-type: none"> I Can Wait <p>Students will use art to create a visual reminder of strategies for demonstrating self-control.</p> <ul style="list-style-type: none"> Soaring with Self-Control <p>Students explore that there are different ways to practice self-control.</p> <ul style="list-style-type: none"> Waiting for the Party <p>Students practice using self-control as they follow directions and play with others.</p> <ul style="list-style-type: none"> Simon Says <p>Students mindfully focus on sensations throughout their body as a way to identify the impact of emotions and thoughts on how they feel. This can help with self-control.</p> <ul style="list-style-type: none"> Body Scan <p>Students use self-control to learn how to take a few slow breaths when they have strong emotions.</p> <ul style="list-style-type: none"> Hit Pause

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Understand and manage one's emotions.



	CASEL Domain	Competencies: PK-5K	Thriving Learning Communities™: Early Childhood Activities
4	Focus Attention	Learners will be able to, with adult guidance and engaging activities, attend for longer periods of time and show preference for some activities. WMELS Domain IV A. EL. 1	TLC Early Childhood Activities incorporate mindfulness activities throughout the lessons. These mindfulness activities and use of character strengths to support learners in developing attention and focus.
5	Social Awareness	Learners will be able to recognize the feelings of another child and respond with basic comfort and empathy. WMELS Domain II A. EL. 1	<p>Students “send” positive messages to their classmates to build hope and positivity in the classroom.</p> <ul style="list-style-type: none"> • Hopeful Hearts <p>Students explore the impact of kind and unkind words using a tactile experience.</p> <ul style="list-style-type: none"> • Which Feels Kind? <p>Students explore different ways to be kind through drawing and sharing their artwork with others.</p> <ul style="list-style-type: none"> • My Kind Story <p>Students practice the language of compliments as they both give and receive the gift of kind words.</p> <ul style="list-style-type: none"> • Throwing Kindness <p>Students discuss and practice being kind to themselves as well as others.</p> <ul style="list-style-type: none"> • Self-kindness <p>Students use a mindfulness strategy to “send” kind thoughts to their classmates.</p> <ul style="list-style-type: none"> • Kind Hearts
6	Social Awareness	Learners will be able to associate words and gestures with a variety of emotions expressed by others. WMELS Domain II A. EL. 2	<p>Students will practice showing gratitude by creating Gratitude Grams for their teachers and classmates.</p> <ul style="list-style-type: none"> • Gratitude Grams <p>Students practice sharing their gratitude by talking to their peers.</p> <ul style="list-style-type: none"> • Gratitude Telephone <p>Students practice the language of compliments as they both give and receive the gift of kind words.</p> <ul style="list-style-type: none"> • Throwing Kindness <p>Students practice acts of friendship and love by helping each other when help is needed.</p> <ul style="list-style-type: none"> • Love Me Like a Rock

DOMAIN: SELF-CONCEPT (PK-5K)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: PK-5K	Thriving Learning Communities™: Early Childhood Activities
7	Self-Awareness	Learners will be able to exhibit positive self-concept and confidence in their abilities. WMELS Domain II B. EL.1	Students are introduced to character strength language and discuss what makes each of them special. <ul style="list-style-type: none"> Know Your Strengths; What I Am; Self-Portraits; Can You Find? Students use coloring and breathing techniques to become centered and calm. <ul style="list-style-type: none"> Mindful Coloring; Hibernating Bear
8	Self-Awareness	Learners will be able to, with adult guidance, recognize and share independent thoughts. WMELS Domain II B. EL.1	Students independently create and share collages that show their unique strengths. <ul style="list-style-type: none"> My Strong Collage; Community Talent Board
9	Self-Awareness Social Awareness	Learners will be able to show awareness of being part of a family and a larger community. WMELS Domain II B. EL. 2	Students increase their awareness of their community by sending messages of hope and positivity to classmates. <ul style="list-style-type: none"> Hopeful Hearts Students mindfully think of how they use their love strength for each person in their home. <ul style="list-style-type: none"> Love Your Family
10	Self-Management	Learners will be able to display curiosity, risk-taking, and willingness to engage in new experiences. WMELS Domain IV A. EL. 1	Students explore their strength of hope as a pathway to curiosity about their future, while realizing that their dreams may be different from those of others. <ul style="list-style-type: none"> The Power of Yet; High Five for Hope; Dreams for Tomorrow; When I Grow Up; My Happy Place
11	Self-Awareness Self-Management	Learners will be able to engage in meaningful learning through attempting, repeating, and experimenting with a variety of experiences and activities. WMELS Domain IV A. EL. 2	Because all activities present students with opportunities to use hands-on, play-based, literacy, and mindfulness strategies to learn concepts, they are continually attempting, repeating, and experimenting with a variety of experiences and activities to help them learn key SEL competencies.

DOMAIN: SOCIAL COMPETENCE (PK-5K)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: PK-5K	Thriving Learning Communities™: Early Childhood Activities
12	Self-Awareness	Learners will be able to demonstrate awareness of self as a unique individual. WMELS Domain II B. EL. 2	Students discover character strength language and discuss what makes each of them special. <ul style="list-style-type: none"> Know Your Strengths; What I Am; Self-Portraits; Can You Find?
13	Social Awareness	Learners will be able to reflect their family, culture, and community when engaged in play and learning. WMELS Domain IV C. EL. 2	Students explore hope by making connections with fictional characters. <ul style="list-style-type: none"> Dreams for Tomorrow Students role-play jobs they hope to have in the future. <ul style="list-style-type: none"> When I Grow Up
14	Social Awareness	Learners will be able to, with adult guidance, begin to notice that other children and families do things differently. WMELS Domain IV C. EL. 2	Students are introduced to character strength language and discuss what makes each of them special. <ul style="list-style-type: none"> Know Your Strengths; What I Am; Self-Portraits; Can You Find?
15	Relationship Skills	Learners will be able to engage in healthy and rewarding social interactions and play with peers. WMELS Domain II C. EL. 2	Through making connections with fictional characters, students work together to explore how everyone can create something. <ul style="list-style-type: none"> What Can You Make? Students discuss how they can feel gratitude as they grow and change. <ul style="list-style-type: none"> Grateful for Growth Students practice sharing their gratitude by talking to their peers. <ul style="list-style-type: none"> Gratitude Telephone Students role-play jobs they hope to have in the future. <ul style="list-style-type: none"> When I Grow Up
16	Relationship Skills	Learners will be able to, with adult guidance, initiate conversations, listen attentively, respond to conversation, and stay on topic for multiple exchanges (especially with adults). WMELS Domain III B EL. 2C	Students explore kindness by spotting how characters in a story share with one another. <ul style="list-style-type: none"> Sharing is Caring Students practice giving and receiving compliments. <ul style="list-style-type: none"> Throwing Kindness Students use visual cues to understand classmates' perspectives and to ask questions. <ul style="list-style-type: none"> How Do You Feel?

DOMAIN: SOCIAL COMPETENCE (PK-5K)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: PK-5K	Thriving Learning Communities™: Early Childhood Activities
17	Relationship Skills	Learners will be able to adapt behavior based on adult directives.	<p>TLC Early Childhood Activities require that students listen carefully to the teacher and follow directions given whether regarding a hands-on, play-based, literacy or mindfulness activity. The following activities have been targeted specifically for helping students learn to follow directions:</p> <ul style="list-style-type: none"> • What I Am; Know Your Strengths; Self-Portraits; Can You Find?; Hibernating Bear; What Can You Make?; Feeling Nature; Gratitude Grams; Hopeful Hearts; My Happy Place; My Drum Circle; I Can Wait; Soaring with Self-Control; Simon Says; Body Scan
18	Relationship Skills	Learners will be able to participate in cooperative play with peers. WMELS Domain II C. EL. 2	<p>Students explore kindness by spotting how fictional characters share with one another and discuss how this can work in their classroom.</p> <ul style="list-style-type: none"> • Sharing is Caring <p>Students practice the language of compliments as they both give and receive the gift of kind words.</p> <ul style="list-style-type: none"> • Throwing Kindness
19	Relationship Skills	Learners will be able to, with adult guidance, identify and communicate needs in conflict situations. WMELS Domain II C. EL. 4	<p>Students discuss and practice being kind to themselves as well as others.</p> <ul style="list-style-type: none"> • Self-Kindness <p>Students create a vision board collage that has pictures of everything they want to learn more about.</p> <ul style="list-style-type: none"> • Making A Vision Board
20	Decision Making	Learners will be able to, with adult guidance, recognize that they have choices in how to respond to situations.	<p>Using magazines, pictures, and original drawings, students create collages that show all of their unique strengths.</p> <ul style="list-style-type: none"> • My Strong Collage <p>Students practice calming techniques as a choice for managing emotions.</p> <ul style="list-style-type: none"> • Hibernating Bear and Mindful Coloring <p>Students practice using their imaginations to develop a play, learning how to adjust their expectations as classmates join in.</p> <ul style="list-style-type: none"> • Playing My Part <p>Students learn about the strength of hope and how they can use it more every day, encouraging them to make different choices in different situations.</p> <ul style="list-style-type: none"> • The Power of Yet

DOMAIN: SOCIAL COMPETENCE (PK-5K)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: PK-5K	Thriving Learning Communities™: Early Childhood Activities
21	Social Awareness	Learners will be able to follow simple group rules. WMELS Domain II C. EL. 3	Using magazines, pictures, and original drawings, students follow group rules to create a “talent board” that shows their unique strengths. <ul style="list-style-type: none"> Community Talent Board Students practice using their imaginations to develop a play, learning how to adjust their expectations as classmates join in. <ul style="list-style-type: none"> Playing My Part
22	Decision Making Relationship Skills	Learners will be able to demonstrate understanding of simple rules related primarily to personal health and safety. WMELS Domain II C EL. 3	
23	Social-Awareness Relationship Skills	Learners will be able to attempt a new skill when encouraged and supported by a safe and secure environment. WMELS Domain IV A EL. 2	A supportive and safe environment is promoted in all TLC schools, so that students are willing and able to attempt new activities and skills.
24	Decision Making Social Awareness Relationship Skills	Learners will be able to show awareness of being part of a family and a larger community. WMELS Domain II A. EL. 2	Students explore how they can feel gratitude towards friends and family as they grow and change. <ul style="list-style-type: none"> Grateful for Growth Students increase their awareness of their community by sending messages of hope and positivity to classmates. <ul style="list-style-type: none"> Hopeful Hearts Students mindfully think of how they use their love strength for each person in their home. <ul style="list-style-type: none"> Love Your Family

DOMAIN: EMOTIONAL DEVELOPMENT (1st-3rd)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
1	Self-Awareness	Learners will be able to recognize and label a variety of their own basic emotions.	<p>Unit 1: Self-Awareness The activities in this unit promote the acquisition of key skills required for students to advance self-understanding and how their thoughts, emotions, and strengths influence behavior.</p> <ul style="list-style-type: none"> Cultivate strengths-based vocabulary while developing an appreciation of the character strengths that exist in themselves and others. (1-2) Learn to identify and communicate more clearly about their thoughts and feelings. (1-2) Learn about the internal signals their bodies send when they are experiencing different feelings. (3) Deepen their understanding of the strengths of curiosity, creativity, humor, and judgment as a means of increasing self-awareness. (3)
2	Self-Management	Learners will be able to use verbal and nonverbal language to demonstrate a variety of increasingly complex emotions.	<p>Unit 2: Self-Management The activities in this unit address the SEL tasks of regulating emotions, thoughts, and behaviors, learning to cope with stress, and acquiring goal-setting skills.</p> <ul style="list-style-type: none"> Manage and express feelings, thoughts, and behaviors in constructive ways in a variety of environments. (1-2) Deepen their understanding of the 24 strengths and specifically build on the strengths of self-control and perseverance. (1-2) Use simple mindfulness strategies as a means of managing their feelings, thoughts, and behaviors in a variety of environments. (3)
3	Self-Management	Learners will be able to, with adult guidance, demonstrate a variety of strategies to manage strong emotions.	<p>Unit 2: Self-Management The activities in this unit address the SEL tasks of regulating emotions, thoughts, and behaviors, learning to cope with stress, and acquiring goal-setting skills.</p> <ul style="list-style-type: none"> Use mindfulness strategies to deal with stressful situations and to help manage emotions. (1-2) Deepen their understanding of the 24 strengths and specifically build on the strengths of self-control and perseverance. (1-2) Use their signature strengths to prevent and/or deal with problems and stress. (3) Use character strengths and a “mindful pause” to implement Stop-Think-Act strategies when solving problems. (3)

DOMAIN: EMOTIONAL DEVELOPMENT (1st-3rd)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
4	Focus Attention	Learners will begin to be able to, with adult guidance, focus their attention by demonstrating a variety of strategies to tolerate distractions.	Mindfulness strategies are introduced throughout the curriculum to help students become more aware of their thoughts, feelings, and strengths. Students are given multiple opportunities to practice and incorporate an array of mindfulness activities to strengthen their attention, self-control, classroom participation, and respect for others.
5	Social Awareness	Learners will be able to, with adult guidance, identify how others are feeling, based on their verbal and nonverbal cues, and respond with compassion.	<p>Unit 3: Social Awareness</p> <p>The activities in this unit focus on understanding subtle social and cultural norms, taking the perspective of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> • Use their own strengths to recognize social cues, deepen compassion, and enhance relationships. (1-2) • Respond with empathy to others and be mindful of stop, think, act strategies when others are having a difficult time. (1-2) • Use their own strengths to recognize the strengths, feelings, and viewpoints of others as a means of building empathy. (3) • Practice mindfulness in attending to the thoughts, feelings, and actions of others. (3)

DOMAIN: EMOTIONAL DEVELOPMENT (1st-3rd)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
6	Social Awareness	Learners will be able to predict how someone else may feel in a variety of situations.	<p>Unit 3: Social Awareness The activities in this unit focus on understanding subtle social and cultural norms, taking the perspective of others and respecting and empathizing with others.</p> <ul style="list-style-type: none"> • Use their own strengths to recognize social cues, deepen compassion, and enhance relationships. (1-3) • Accept differences in others and cultivate friendships with individuals from diverse backgrounds. (1-2) • Respond with empathy to others and be mindful of stop, think, act strategies when others are having a difficult time. (3) • Deepen their understanding of all 24 strengths, specifically kindness and social intelligence (friendship). (3) • Practice mindfulness in attending to the thoughts, feelings, and actions of others. (3) • Deepen their understanding of the strengths of fairness, forgiveness, and zest to heighten awareness and consideration of others. (3) <p>Unit 4: Relationship Skills Key elements of building relationship skills are addressed, providing strategies for promoting students' competency in resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> • Continue to develop social skills to build friendships and interact successfully with others. (1-2) • Mindfully communicate more clearly their thoughts and feelings as they relate to other individuals and groups. (1-2) • Utilize mindful breathing techniques to enhance listening and responding to others in constructive ways. (3)

DOMAIN: SELF-CONCEPT (1st-3rd)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
7	Self-Awareness	Learners will be able to identify and describe skills and activities they do well and those for which they need help.	<p>Throughout TLC activities, students discover their primary character strengths while discovering when they need to “dial up” a different strength to help them manage more difficult problems.</p> <p>Unit 1: Self Awareness The activities in this unit promote the students’ understanding of their character strengths as a means to build self-concept.</p> <ul style="list-style-type: none"> • Cultivate strengths-based vocabulary while developing an appreciation of the character strengths that exist in themselves and others. (1-3) • Acquire an understanding of how all 24 character strengths can help them do well at home and school. (1-3)
8	Self-Awareness	Learners will be able to identify and explore their own beliefs.	<p>Unit 1: Self-Awareness This unit is built, in part, on the theory that when students understand their thoughts, feelings, and strengths they are more likely to have a positive belief system that will influence their relationships and decision-making.</p> <ul style="list-style-type: none"> • Learn to identify and communicate more clearly about their thoughts and feelings. (1-2) • Heighten their awareness of the physical ‘messages’ their body sends as a doorway to identify thoughts, feelings, and beliefs. (3) • Investigate the strength of curiosity by encouraging exploration of themselves and the world around them. (3)
9	Self-Awareness Social Awareness	Learners will be able to define the role family and culture play in their identity and beliefs.	<p>Unit 4: Relationship Skills The activities in this unit address key elements of building relationship skills, providing strategies for promoting students’ competency in resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> • Understand the responsibilities involved in being a family member, a friend, and a student while identifying the personal support systems that help them meet these responsibilities. (1-2) • Accept differences in others and cultivate constructive relationships with individuals from diverse backgrounds. (3)

DOMAIN: SELF-CONCEPT (1st-3rd)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
10	Self-Management	Learners will be able to identify simple goals for personal and academic success.	<p>Unit 1: Self-Awareness In this unit, students begin to explore goal-directed thinking as a key component to success, which leads to greater self-awareness. Although your students are young, they are still able to grasp simple concepts around setting goals, looking to the future, and breaking goals into manageable steps.</p> <ul style="list-style-type: none"> Set attainable goals by exploring the strength of hope and develop steps to stay motivated and follow through. (1-2) Explore the strength of hope to help students approach life with a goal-oriented mindset. (1-2) <p>Unit 2: Self-Management In this unit, students strive to use new strengths as they work on managing their emotions and on goal-setting tasks. Learning to set goals is foundational to self-management.</p> <ul style="list-style-type: none"> Set and achieve simple goals and identify the strengths needed to accomplish them. (3)
11	Self-Awareness Self-Management	Learners will be able to, with encouragement, persist toward reaching a goal despite setbacks.	<p>Unit 2: Self-Management Perseverance is the primary strength focused on in this unit. Understanding how this strength can be used at school and home supports students' efforts to complete a task.</p> <ul style="list-style-type: none"> Set intentions to use the strength of perseverance in the class setting. (1-3) Deepen understanding of the strengths of self-control and perseverance. (1-2) Discover the power of the strength of perseverance, learning how sticking to a task can lead to great results. (3)

DOMAIN: SOCIAL COMPETENCE (1st-3rd)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
12	Social Awareness	Learners will be able to present their own point of view.	<p>Unit 3: Social Awareness In developing social awareness, students become aware of others' emotions and perspectives, responding with empathy while developing a desire to positively contribute to the community. Learning to care about and appreciate the feelings, viewpoints, strengths, and differences of others is crucial to forming relationships and, ultimately, to being successful in life.</p> <ul style="list-style-type: none"> • Use mindful attention to recognize and accept the thoughts, feelings, and behaviors of others. (1-3) • Celebrate differences and similarities in the classroom and recognize that diversity is a key to classroom success. (1-3) • Describe how others are feeling based on facial gestures; recognize that others respond to situations differently. (1-3)
13	Social Awareness	Learners will be able to identify commonalities they share with peers.	<p>Unit 3: Social Awareness The activities in this unit focus on understanding subtle social and cultural norms, taking the perspectives of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> • Celebrate their differences and similarities in the classroom and recognize that diversity is a key to classroom success. (1-2) • Learn about similarities with classmates while accepting differences in others. In so doing, they cultivate constructive relationships with individuals from diverse backgrounds. (3)
14	Social Awareness	Learners will be able to recognize and respect that individual differences are important to self and others.	<p>Unit 3: Social Awareness Many of the activities in this unit address key elements of cultivating constructive relationships with individuals of diverse backgrounds, abilities, languages, and lifestyles.</p> <ul style="list-style-type: none"> • Use their own strengths to recognize the strengths, feelings, and viewpoints of others as a means of building empathy. (1-3) • Accept differences in others and cultivate friendships with individuals from diverse backgrounds. (1-3)

DOMAIN: SOCIAL COMPETENCE (1st-3rd)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
15	Relationship Skills	Learners will be able to identify the different relationships they have with others.	<p>Unit 4: Relationship Skills The activities in this unit address key elements of building relationship skills, providing strategies for promoting students' competency in resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> • Understand the responsibilities involved in being a family member, a friend, and a student while identifying the personal support systems that help them meet these responsibilities. (1-3) • Continue to develop social skills to build friendships and interact successfully with others. (1-3)
16	Relationship Skills	Learners will be able to describe in simple terms how words, tone, and body language are used to communicate with others.	<p>Unit 1: Self Awareness Self-awareness reflects the ability to accurately identify one's own emotions and behaviors, as well as to correctly pinpoint one's personal strengths and weaknesses.</p> <ul style="list-style-type: none"> • Heighten students' awareness of the physical 'messages' their body sends as a doorway to identify those feelings. (1-3) <p>Unit 3: Social Awareness The activities in this unit focus on understanding social and cultural norms, taking the perspectives of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> • Use their own strengths to recognize social cues, deepen compassion, and enhance relationships. (1-3) • Respond with empathy to others and be mindful of stop, think, act strategies when others are having a difficult time. (1-3) • Deepen their understanding of all 24 strengths, specifically kindness and social intelligence (friendship). (1-3) <p>Unit 4: Relationship Skills The activities in this unit address key elements of building relationship skills, providing strategies for promoting students' competency in resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> • Mindfully communicate their thoughts and feelings as they relate to other individuals and groups. (3)

DOMAIN: SOCIAL COMPETENCE (1st-3rd)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
17	Relationship Skills	Learners will be able to, with adult guidance, adapt behavior based upon peer feedback and environment cues.	
18	Relationship Skills	Learners will be able to demonstrate listening skills, start and stop conversations, and take turns in conversations.	<p>Unit 3: Social Awareness The activities in this unit focus on understanding social and cultural norms, taking the perspectives of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> • Use their own strengths to recognize social cues, deepen compassion, and enhance relationships. (1-3) • Respond with empathy to others and be mindful of stop, think, act strategies when others are having a difficult time. (1-3) • Deepen their understanding of all 24 strengths, specifically kindness and social intelligence (friendship). (1-3) <p>Unit 4: Relationship Skills The activities in this unit address key elements of building relationship skills, providing strategies for promoting students' competency in resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> • Continue to develop social skills to build friendships and interact successfully with others. (1-3) • Mindfully communicate more clearly their thoughts and feelings as they relate to other individuals and groups. (1-3)

DOMAIN: SOCIAL COMPETENCE (1st-3rd)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 1st-3rd Grades	Thriving Classroom Curriculum Guide(s), K-2nd, 3rd-4th
19	Relationship Skills	Learners will be able to understand the perspective of others in a conflict situation.	<p>Unit 1: Self-Awareness The activities in this unit guide students in understanding their character strengths, looking at those characteristics that may make their needs different from peers.</p> <ul style="list-style-type: none"> Learn to identify and communicate more clearly about their thoughts and feelings (1-3) <p>Unit 2 Self-Management The activities in this unit address the SEL tasks of regulating emotions, thoughts, and behaviors, by increasing students' abilities to identify their emotions.</p> <ul style="list-style-type: none"> Manage and express feelings, thoughts, and behaviors in constructive ways in a variety of environments. (1-3) <p>Unit 3 Social Awareness The activities in this unit focus on understanding social and cultural norms, taking the perspectives of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> Use their own strengths to recognize social cues, deepen compassion, and enhance relationships. (1-3)
20	Decision Making	Learners will be able to, with guidance, generate possible choices and actions they could take in a given situation, including positive and negative options.	Decision-making, the fifth core-competency in CASEL's presentation of SEL, is woven throughout the other four SEL competency areas in the TLC curriculum. As such, each unit has elements of decision-making and building students' self-confidence in their decisions. When students can understand their thoughts, feelings and strengths they are more likely to have a positive belief system that will influence their relationships and decision making. (1-3)
21	Social Awareness	Learners will be able to demonstrate positive behaviors as established in classroom and school-wide expectations.	<p>Unit 2: Self-Management The activities in this unit address the SEL tasks of regulating emotions, thoughts, and behaviors, learning to cope with stress, and acquiring goal-setting skills. In developing self-management skills, students learn to regulate their emotions, thoughts, and behaviors in a variety of environments.</p> <p>These skills give students the tools to organize key aspects of their lives, helping them become more successful.</p> <ul style="list-style-type: none"> Manage and express feelings, thoughts, and behaviors in constructive ways in a variety of environments. (1-2) Use the strength of bravery to enhance self-confidence and pro-social behaviors (3)

DOMAIN: EMOTIONAL DEVELOPMENT (4th-5th)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
1	Self-Awareness	Learners will be able to recognize and label a variety of complex emotions in self and others.	<p>Unit 1: Self-Awareness Unit 1 activities promote the acquisition of key skills required for students to advance self-understanding and learn how their thoughts and emotions influence behavior.</p> <ul style="list-style-type: none"> Learn about the internal signals that our bodies send when they are experiencing different feelings. (4) Identify and clearly communicate their own thoughts and feelings as they pertain to their perceptions of their strengths. (5) Become mindful of their thoughts and feelings as they learn strategies to communicate them clearly with others. (5)
2	Self-Management	Learners will be able to express their emotions to self and others in respectful ways.	<p>Unit 2: Self-Management Activities in this unit help students learn to regulate their emotions, thoughts, and behaviors in a variety of environments.</p> <ul style="list-style-type: none"> Manage and express feelings, thoughts and behaviors more effectively using strengths-based and mindfulness activities. (4-5)
3	Self-Management	Learners will be able to, with minimal adult guidance, manage emotions (e.g., stress, impulses, motivation) in a manner sensitive to self and others.	<p>Unit 2: Self-Management In this unit, students learn how to manage feelings, speak honestly, and control their actions.</p> <ul style="list-style-type: none"> Use character strengths and a “mindful pause” to implement Stop-Think-Act strategies when solving problems. (4) Use simple mindfulness strategies as a means of managing feelings, thoughts, and behaviors in a variety of environments. (4-5) Use their signature strengths to prevent and/or manage problems and stress. (4-5)

DOMAIN: EMOTIONAL DEVELOPMENT (4th-5th)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
4	Focus Attention	Learners will be able to, with adult guidance, use organizational skills and strategies to focus attention to work toward personal and academic goals.	<p>Mindfulness activities throughout the Guides provide learners with the skills they need to better understand their strengths, to pay attention to internal changes, and to make wiser decisions.</p> <p>Unit 2: Self-Management Activities in this unit focus on decision-making and setting goals through mindful practice.</p> <ul style="list-style-type: none"> Set and achieve simple goals and identify the strengths needed to accomplish them. (4) Practice mindfulness strategies and use of character strengths to make decisions and set goals. (5)
5	Social Awareness	Learners will be able to identify others' need for empathy and respond in respectful ways.	<p>Unit 3: Social Awareness Through activities in this unit, students become aware of others' emotions and perspectives, respond with empathy when others are in need, and develop a desire to positively contribute to the community.</p> <ul style="list-style-type: none"> Use their own strengths to recognize the strengths, feelings, and viewpoints of others as a means of building empathy. (4) Practice mindfulness in attending to the thoughts, feelings, and actions of others. (4) Use their own strengths to recognize social cues, deepen compassion, and enhance relationships. (5) Use mindfulness strategies to enhance communication skills, heightening their empathy toward others. (4-5)
6	Social Awareness	Learners will be able to use perspective-taking to predict how their own behavior affects the emotions of others.	<p>Unit 3: Social Awareness Activities in this unit focus on understanding subtle social and cultural norms, taking the perspective of others, and respecting and empathizing with others. Through this process, learners increase awareness of the impact of their behavior on others.</p> <ul style="list-style-type: none"> Use their own strengths to recognize the strengths, feelings, and viewpoints of others as a means of building empathy. (4) Students explore how mindfulness can support paying attention to another person's perspective, which can lead to a greater understanding and acceptance of others. (5)

DOMAIN: SELF-CONCEPT (4th-5th)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
7	Self-Awareness	Learners will be able to use a “growth mind set” to recognize and build on their strengths.	In all units of the Guide, activities are provided that infuse the language of strengths into daily curriculum while promoting development of the core components of SEL the establishment of a mindful, strengths-based focus promotes a growth-mindset encouraging learners to find new ways to use character strengths to achieve success.
8	Self-Awareness	Learners will be able to reflect on similarities and differences between their personal beliefs and those of others.	<p>Unit 3: Social Awareness Activities focus on understanding subtle social and cultural norms, taking the perspectives of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> Accept differences in others and cultivate constructive relationships with individuals from diverse backgrounds. (4-5)
9	Self-Awareness Social Awareness	Learners will be able to identify their role in their family and community and how those roles impact their identity.	<p>Unit 4: Relationship Skills One aspect of activities in this unit is to provide key strategies to build relationship skills, thereby promoting students’ competency in resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> Develop compassion for self and others that leads them to seek and offer help to friends and family. (4) Understand the responsibilities involved in being a family member, a friend, and a student while identifying the personal support systems that help them meet these responsibilities. (5)

DOMAIN: SELF-CONCEPT (4th-5th)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
10	Self-Management	Learners will be able to assess their level of engagement in their own learning for the achievement of personal goals.	<p>Unit 2: Self-Management In this unit, students learn how to manage feelings, speak honestly, and control their actions, preparing them to establish meaningful goals.</p> <ul style="list-style-type: none"> • Set and achieve simple goals and identify the strengths needed to accomplish them. (4) • Practice using steps to set effective goals and explore how the strength of perseverance supports reaching those goals. (5) • Practice mindfulness strategies and use of character strengths to make decisions and set goals. (5)
11	Self-Awareness Self-Management	Learners will be able to identify strategies to persist and maintain motivation when working toward short- and long-term goals.	<p>Unit 2: Self-Management The activities in this unit promote using strengths to acquire skills in regulation of emotions, thoughts, and behaviors, gradually strengthening students' overall self-management skills. Perseverance is one of the primary strengths addressed in this unit.</p> <ul style="list-style-type: none"> • Deepen their understanding of the strength of perseverance as they work on short- and long-term goals. (4) • Practice using steps to set effective goals and explore how the strength of perseverance supports reaching those goals. (5)

DOMAIN: SOCIAL COMPETENCE (4th-5th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
12	Self-Awareness	Learners will be able to appreciate diversity by recognizing multiple points of view and perspectives of others across cultural and social groups.	<p>Unit 3: Social Awareness In this unit, activities focus on understanding social and cultural norms, taking the perspectives of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> Accept differences in others and cultivate constructive relationships with individuals from diverse backgrounds. (4) Accept those who are different from themselves while deepening their compassion for others. (5) Demonstrate an understanding and respect for similarities and differences with others. (5)
13	Social Awareness	Learners will be able to build relationships between diverse groups of people.	<p>Unit 3 Social Awareness The skills learned in this unit are key to building and maintaining relationships and are foundational to understanding peers and families from diverse cultures.</p> <ul style="list-style-type: none"> Use effective social skills to build friendships and interact successfully with others. (4-5)
14	Social Awareness	Learners will be able to demonstrate respect for others by discussing how stereotypes affect self and others.	<p>Throughout the TLC Guides, and especially in Unit 3: (Social Awareness) students are given multiple opportunities to practice and incorporate an array of strengths-based and mindfulness activities to strengthen their respect for others. Through these activities, an increased awareness of cultural issues leads to enhanced respect for the unique qualities of those around them. Students will use their character strengths to understand others' emotions, practice compassion, and develop respect for themselves and others in their classroom.</p>

DOMAIN: SOCIAL COMPETENCE (4th-5th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
15	Relationship Skills	Learners will be able to, with adult guidance, recognize, establish, and maintain healthy and rewarding relationships.	<p>Unit 3 Social Awareness Activities in this unit focus on understanding subtle social and cultural norms, taking the perspectives of others, and respecting and empathizing with others. A primary focus for this unit is becoming more aware of how to build and maintain relationships.</p> <ul style="list-style-type: none"> Use their own strengths to recognize social cues, deepen compassion, and enhance relationships. (5) <p>Unit 4: Relationship Skills The activities in this unit address key elements of cultivating constructive relationships with individuals of diverse backgrounds, abilities, languages, and lifestyles.</p> <p>The learning experiences provide strategies for promoting students' competency in communicating effectively and resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> Use effective social skills to build friendships and interact successfully with others. (4) Communicate more clearly their thoughts and feelings as they relate to other individuals and groups. (4) Use mindfulness and effective social skills to build friendships and interact successfully with others. (5) Communicate more clearly their thoughts and feelings as they relate to other individuals and groups. (5)

DOMAIN: SOCIAL COMPETENCE (4th-5th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
16	Relationship Skills	Learners will be able to effectively communicate clearly, listen well, and cooperate with others to build healthy relationships.	<p>Unit 3: Social Awareness The skills learned in this unit are key to building and maintaining relationships and include listening and responding to social cues.</p> <ul style="list-style-type: none"> Develop the strength of social intelligence, demonstrating an ability to read social cues while enhancing the ability to care for others. (5) <p>Unit 4: Relationship Skills Throughout this unit students explore the strengths they can use to maintain constructive relationships. Listening skills will be embedded in activities as these skills are required for building relationships as well as creating effective teams. Learning to listen carefully and with empathy helps students in school, at home, and in all their relationships and situations they encounter throughout their lives.</p> <ul style="list-style-type: none"> Utilize mindful breathing techniques to enhance listening and responding to others in constructive. (4) They will practice listening carefully, responding appropriately, and cooperating with an open mind. (4) Listening skills will be embedded in activities as these skills are required for building relationships as well as creating effective teams. (5)
17	Relationship Skills	Learners will be able to independently adapt behavior based upon peer feedback and environmental cues.	

DOMAIN: SOCIAL COMPETENCE (4th-5th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
18	Relationship Skills	Learners will be able to work cooperatively and productively in a group to accomplish a set goal.	<p>Unit 4: Relationship Skills The activities in this unit provide strategies for promoting students' competency in communicating effectively and resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> • Use the strength of teamwork to collaborate with a group of peers to achieve a common goal. (4) • Deepen their understanding of teamwork by investigating what it takes to have a good team and by using their strengths to work collaboratively to solve problems. (5) • Cooperate with others and support group members' individual strengths in working toward a common goal. (5)
19	Relationship Skills	Learners will be able to identify cause and effect of a conflict.	<p>Unit 4: Relationship Skills This unit has a primary focus on relationship building; how to foster new friendships, resolve conflicts, and increase acceptance of friends and school and community members.</p> <ul style="list-style-type: none"> • Use mindfulness to avoid conflict and build stronger relationships. (4) • Use positive communication to support conflict resolution and successful interactions. (5)

DOMAIN: SOCIAL COMPETENCE (4th-5th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
20	Decision Making	Learners will be able to make constructive choices about personal behavior and social interaction to evaluate the consequences of various actions with consideration of well-being for oneself and others.	<p>Unit 1 Self-Awareness These activities promote the acquisition of key skills required for students to advance self-understanding and learn how their thoughts and emotions influence behavior.</p> <ul style="list-style-type: none"> • Develop a sense of responsibility for making decisions about how to use their character strengths to achieve success. (4) • Practice skills needed to better understand individual strengths, to pay attention to internal changes, and to make wiser decisions. (5) <p>Unit 4: Relationship Skills Through activities provided in the unit, teachers guide their students in fine-tuning decision-making and problem-solving processes, promoting the well-being of self and others.</p> <ul style="list-style-type: none"> • Use character strengths to make decisions and solve problems. (4) • Celebrate top strengths, exploring how they support personal growth, effective relationship skills, and decision-making abilities. (4) • Explore challenges of peer pressure, conflict resolution, and healthy relationships through the lens of character strengths and using decision-making strategies. (5)
21	Social Awareness	Learners will be able to identify and respect social norms for behavior and safe interactions across different settings.	
22	Decision Making Relationship Skills	Learners will be able to honor social norms with respect to safety of oneself and others.	

DOMAIN: SOCIAL COMPETENCE (4th-5th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 4th-5th Grades	Thriving Classroom Curriculum Guide(s), 3rd-4th, 5th-6th
23	<p>Decision Making</p> <p>Relationship Skills</p>	<p>Learners will be able to identify when and how to offer help to others.</p>	<p>Unit 1: Self-Awareness Unit 1 activities promote the acquisition of key skills required for students to advance self-understanding and learn how their thoughts and emotions influence behavior.</p> <ul style="list-style-type: none"> Practice being mindful of their own emotions to develop empathy towards others. (4) <p>Unit 3: Social Awareness In developing social awareness skills, students become aware of others' emotions and perspectives, respond with empathy when others are in need, and develop a desire to positively contribute to the community.</p> <ul style="list-style-type: none"> Respond with empathy to others in difficult situations. (4) Accept differences in others and practice empathy to cultivate constructive relationships with individuals from diverse background. (5) <p>Unit 4: Relationship Skills Through activities provided in the unit, teachers guide their students in fine-tuning decision-making and problem-solving processes, promoting the well-being of self and others.</p> <ul style="list-style-type: none"> Revisit the use of social intelligence and deepen their understanding of empathy through mindful attention to social cues. (5)
24	<p>Decision Making</p> <p>Social Awareness</p> <p>Relationship Skills</p>	<p>Learners will be able to identify actions that would positively impact change in a classroom, school, and community.</p>	

DOMAIN: EMOTIONAL DEVELOPMENT (6th-8th)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
1	Self-Awareness	Learners will be able to recognize and label a variety of complex graded emotions in self and others.	<p>Unit 1: Self-Awareness Unit 1 activities promote the acquisition of key skills required for emotional awareness, accurate self-assessment of one's strengths, determination of how to operate in the world, and self-confidence.</p> <ul style="list-style-type: none"> Identify and clearly communicate their own thoughts and feelings as they pertain to their perceptions of their strengths. (6) Become mindful of their thoughts and feelings as they learn strategies to communicate them clearly with others. (6) Identify their thoughts and feelings, clarify values, and explore the strengths that help them address those values. (7-8)
2	Self-Management	Learners will be able to express their emotions in an appropriate and respectful manner using a variety of modalities (e.g., verbal, and nonverbal).	<p>Unit 2: Self-Management Activities in this unit help students learn to regulate their emotions, thoughts, and behaviors in a variety of environments.</p> <ul style="list-style-type: none"> Manage and express feelings, thoughts and behaviors more effectively using strengths-based and mindfulness activities. (6) Manage feelings, thoughts, and behaviors in a variety of environments. (7-8) Use their signature strengths and mindfulness skills to cope with problems and stress. (7-8)
3	Self-Management	Learners will be able to identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger.	<p>Unit 2: Self-Management In this unit, students learn how to manage feelings, speak honestly, and control their actions providing them with opportunities to practice self-regulation, time for self-reflection, and specific activities that offer students options for engaging in challenging conversations and problem-solving. Time spent in mindfulness activities further promotes the skills necessary for self-control.</p> <ul style="list-style-type: none"> Use simple mindfulness strategies as a means of managing feelings, thoughts, and behaviors in a variety of environments. (6) Use signature strengths to prevent and/or manage problems and stress. (6) Practice using strengths to manage the strong emotions they experience. (7-8) Explore the use of strengths and mindfulness strategies to help in managing problems and challenging behaviors. (7-8)

DOMAIN: EMOTIONAL DEVELOPMENT (6th-8th)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
4	Focus Attention	Learners will be able to independently use organizational skills and strategies to focus attention to work toward short-term personal and academic goals.	<p>Unit 2: Self-Management Activities in this unit focus on decision-making and setting goals through mindful practice. Decision-making becomes informed by a thoughtful approach. Self-management activities enable students to set and reach meaningful goals and make good decisions that will move them toward these goals.</p> <ul style="list-style-type: none"> Practice mindfulness strategies and use of character strengths to make decisions and set goals. (6-8)
5	Social Awareness	Learners will be able to provide support and encouragement to others through perspective taking, empathy, and appreciation for diversity.	<p>Unit 3: Social Awareness Through activities in this unit, students become aware of others' emotions and perspectives, respond with empathy when others are in need, and develop a desire to positively contribute to the community.</p> <ul style="list-style-type: none"> Use their own strengths to recognize social cues, deepen compassion, and enhance relationships. (6-8) Use mindfulness strategies to enhance communication skills, heightening their empathy toward others. (6-8) Accept differences in others and cultivate constructive relationships with individuals from diverse backgrounds. (7-8)
6	Social Awareness	Learners will be able to recognize expressions of empathy in society and communities.	<p>Unit 3: Social Awareness Activities in this unit focus on understanding subtle social and cultural norms, taking the perspective of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> Students explore how mindfulness can support paying attention to another person's perspective, which can lead to a greater understanding and acceptance of others. (6) Recognize social cues, respond with empathy when others are in need, and develop a desire to positively contribute to the community. (7-8)

DOMAIN: SELF-CONCEPT (6th-8th)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
7	Self-Awareness	Learners will be able to use optimism and a “growth mind set” to recognize strengths in self to describe and prioritize personal skills and interests they want to develop.	<p>In all units of the Thriving Classroom Curriculum Guide, activities are provided that infuse the language of strengths into daily curriculum while promoting development of the core components of SEL. The establishment of a mindful, strengths-based focus promotes a growth-mindset encouraging learners to find new ways to use character strengths to achieve success.</p> <p>Unit 1: Self-Awareness These activities promote the acquisition of key skills required for emotional awareness, accurate self-assessment of one’s strengths, and self-confidence.</p> <ul style="list-style-type: none"> • Deepen their understanding of the strength of hope and find ways to use this strength to discover its positive impact on their lives. (6-8)
8	Self-Awareness	Learners will be able to self-reflect on their values and beliefs and how their behaviors relate to those values and beliefs.	<p>Unit 3: Social-Awareness Activities focus on understanding subtle social and cultural norms, taking the perspectives of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> • Identify strengths in others while clarifying their own values. (6) • Become mindful of their thoughts and feelings, clarify values, and explore the strengths that help them address those values. (7-8)
9	Self-Awareness Social Awareness	Learners will be able to identify how family and culture impact their thoughts and actions.	<p>Unit 4: Relationship Skills One aspect of activities in this unit is to provide key strategies to build relationship skills, thereby promoting students’ competency in resolving interpersonal conflicts while building support systems that can encourage their efforts.</p> <ul style="list-style-type: none"> • Understand the responsibilities involved in being a family member, a friend, and a student while identifying the personal support systems that help them meet these responsibilities. (6-8)

DOMAIN: SELF-CONCEPT (6th-8th)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
10	Self-Management	Learners will be able to consistently set attainable, realistic goals, and persist until their goals are achieved.	<p>Unit 2: Self-Management In this unit, students learn how to manage feelings, speak honestly, and control their actions, preparing them to establish meaningful goals.</p> <ul style="list-style-type: none"> • Use steps to set effective goals and explore how the strength of perseverance supports reaching those goals. (6) • Practice mindfulness strategies and use of character strengths to make decisions and set goals (6) • Acquire knowledge of goal-setting steps as they continue to use character strengths to work towards these goals. (7-8)
11	Self-Awareness Self-Management	Learners will be able to identify successes and challenges, and how they can learn from them.	<p>Unit 1: Self-Awareness Unit 1 activities promote the acquisition of key skills required for emotional awareness, accurate self-assessment of one’s strengths, determination of how to operate in the world, and self-confidence.</p> <ul style="list-style-type: none"> • Explore the use of the strength of bravery, identifying how it can help one face challenges. (6) • Learn how specific strengths affect their enjoyment and success in multiple pursuits. (6-8) <p>Unit 2: Self-Management In this unit, students learn how to manage feelings, speak honestly, and control their actions providing them with opportunities to practice self-regulation, time for self-reflection, and specific activities that offer students options for engaging in challenging conversations and problem-solving.</p> <ul style="list-style-type: none"> • Use bravery to face one’s challenges. (7-8) • Identify strengths and strategies that support understanding of how to best manage challenges that come up in life. (7-8)

DOMAIN: SOCIAL COMPETENCE (6th-8th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
12	Self-Awareness	Learners will be able to show respect for other people's perspectives.	<p>Unit 3: Social-Awareness In this unit, activities focus on understanding social and cultural norms, taking the perspectives of others, and respecting and empathizing with others.</p> <ul style="list-style-type: none"> • Accept those who are different from themselves while deepening their compassion for others (6) • Demonstrate an understanding and respect for similarities and differences with others.(6) • Practice using strengths to support the development of empathy for those similar to themselves and those with different values and beliefs. (7-8) • Investigate what it means to be considerate, being mindful of the thoughts and feelings of others. (7-8) • Explore how appreciating different perspectives can lead to increased acceptance of others. (7-8)
13	Social Awareness	Learners will be able to reflect how cross-cultural experiences can influence their ability to build positive relationships	<p>Unit 3: Social-Awareness The skills learned in this unit are key to building and maintaining relationships and are foundational to understanding peers and families from diverse cultures.</p> <ul style="list-style-type: none"> • Use effective social skills to build friendships and interact successfully with others. (6) • Accept differences in others and cultivate constructive relationships with individuals from diverse backgrounds. (7-8)

DOMAIN: SOCIAL COMPETENCE (6th-8th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
14	Social Awareness	Learners will be able to identify discrimination of individuals and groups based upon perceived differences.	<p>Unit 3: Social-Awareness In this unit, students are given multiple opportunities to practice and incorporate an array of strengths-based and mindfulness activities to strengthen their understanding of diverse perspectives and develop respect for others. Through these activities, an increased awareness of cultural issues leads to enhanced respect for the unique qualities of those around them.</p> <ul style="list-style-type: none"> • Accept differences in others and cultivate constructive relationships with individuals from diverse backgrounds. (6) • Explore similarities and differences of those outside students' immediate friend group. (7-8) • Appreciate the differences of others from diverse backgrounds, building their own empathy, perspective, and forgiveness. (7-8)
15	Relationship Skills	Learners will be able to recognize the emotional, physical, social, and other costs of negative relationships.	
16	Relationship Skills	Learners will be able to use active listening and assertive, clear communication when expressing thoughts and ideas.	<p>Unit 3: Social Awareness The skills learned in this unit are key to building and maintaining relationships and include listening and responding to social cues.</p> <ul style="list-style-type: none"> • Develop the strength of social intelligence, demonstrating an ability to read social cues while enhancing the ability to care for others. (6) <p>Unit 4: Relationship Skills Listening skills are embedded in activities throughout this unit as these skills are fundamental to building relationships.</p> <ul style="list-style-type: none"> • Explore the use of mindfulness strategies to increase their ability to listen deeply to others (6) • Enhance connection with others by practicing active listening. (6-8) • Deepen personal connections by practicing active listening and careful responding. (7-8)

DOMAIN: SOCIAL COMPETENCE (6th-8th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
17	Relationship Skills	Learners will be able to recognize and respond appropriately to constructive feedback.	
18	Relationship Skills	Learners will be able to work cooperatively and productively in a group and overcome setbacks and disagreements.	<p>Unit 4: Relationship Skills The activities in this unit provide strategies for promoting students' competency in communicating effectively and resolving interpersonal conflicts both with individuals and in groups.</p> <ul style="list-style-type: none"> • Deepen understanding of teamwork by investigating what it takes to have a good team and by using their strengths to work collaboratively to solve problems. (6-8) • Cooperate with others and support group members' individual strengths in working toward a common goal. (6) • Recognize and develop their strengths of leadership and teamwork to foster meaningful relationships and enhance social awareness. (7-8)
19	Relationship Skills	Learners will be able to apply negotiation skills and conflict resolution skills to resolve differences.	<p>Unit 4: Relationship Skills This unit has a primary focus on relationship building including how to foster new friendships, resolve conflicts, and increase acceptance of school and community members.</p> <ul style="list-style-type: none"> • Use positive communication to support conflict resolution and successful interactions. (6) • The learning experiences provide strategies for promoting students' competency in resolving interpersonal conflicts while building support systems that can encourage their efforts. (7-8)

DOMAIN: SOCIAL COMPETENCE (6th-8th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
20	Decision Making	Learners will be able to generate a variety of solutions and outcomes to a problem with consideration of well-being for oneself and others.	<p>Unit 1: Self-Awareness These activities promote the acquisition of key skills required for students to advance self-understanding and learn how their thoughts and emotions influence behavior.</p> <ul style="list-style-type: none"> Practice skills needed to better understand individual strengths, to pay attention to internal changes, and to make wiser decisions. (6) <p>Unit 2: Self-Management Activities in this unit focus on decision-making and setting goals through mindful practice. Decision-making becomes informed by a thoughtful approach. Self-management activities enable students to make good decisions that will move them toward these goals.</p> <ul style="list-style-type: none"> Learn the steps of decision-making, applying them to a personal life situation. (7-8) <p>Unit 4: Relationship Skills Through activities provided in the unit, teachers guide their students in fine-tuning decision-making and problem-solving processes, promoting the well-being of self and others.</p> <ul style="list-style-type: none"> Explore challenges of peer pressure, conflict resolution, and healthy relationships through the use of decision-making strategies. (6) Practice mindfulness strategies and use character strengths to make decisions and set goals. (6) Set and reach meaningful goals and make good decisions that will move them toward these goals. (7-8)
21	Social Awareness	Learners will be able to identify how social norms for behavior vary across different settings and within different cultures.	<p>Unit 3: Social-Awareness Activities in this unit focus on understanding social and cultural norms, taking the perspective of others, and respecting and empathizing with others. These skills are key to building and maintaining relationships and are foundational to cultural awareness.</p> <ul style="list-style-type: none"> Accept differences in others and cultivate constructive relationships with individuals from diverse backgrounds. (6-8)

DOMAIN: SOCIAL COMPETENCE (6th-8th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 6th-8th Grades	Thriving Classroom Curriculum Guide(s), 5th-6th, 7th-8th
22	Decision Making Relationship Skills	Learners will be able to identify the impact of their decisions on personal safety and relationships.	
23	Social Awareness Relationship Skills	Learners will be able to advocate for themselves.	
24	Decision Making Social Awareness Relationship Skills	Learners will be able to, with adult guidance, create an action plan that addresses a need in the classroom, school, or community.	

DOMAIN: EMOTIONAL DEVELOPMENT (9th-10th)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 9th-10th Grades	Thriving Classroom Curriculum Guide, 9th-12th	
1	Self-Awareness	Learners will be able to recognize and label a variety of graded emotions in self and others as they occur and evolve over time.	Unit 1: Introduction <ul style="list-style-type: none"> Introduction to Community Character Strengths 101 	Unit 2: Self-Awareness <ul style="list-style-type: none"> My Signature Strengths Revealed Powering Up My Inner Strengths
2	Self-Management	Learners will be able to express their emotions in an appropriate and respectful manner in different environments, with different audiences, using a variety of modalities (e.g., verbal and nonverbal).	Unit 2: Self-Awareness <ul style="list-style-type: none"> Powering Up My Inner Strengths Spotting Strengths Values Auction 	Unit 3: Self-Management <ul style="list-style-type: none"> Accepting Differences
3	Self-Management	Learners will be able to consistently use appropriate calming and coping strategies when dealing with strong emotions.	Unit 3: Self-Management <ul style="list-style-type: none"> Managing Your Emotions to Solve Problems 	
4	Focus Attention	Learners will be able to independently use organizational skills and strategies to focus attention by working toward long-term personal and academic goals.	Unit 1: Introduction <ul style="list-style-type: none"> Introduction to Goal Setting Unit 2: Self-Awareness <ul style="list-style-type: none"> Setting Goals for My Best Self Unit 3: Self-Awareness <ul style="list-style-type: none"> Check Yourself! Monitoring Your Mindset 	Unit 4: Social Awareness <ul style="list-style-type: none"> Towing Strengths to Meet Your Goals Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Goals in Action: Dream Big, Start Small
5	Social Awareness	Learners will be able to demonstrate empathy to others who have different views and beliefs.	Unit 4: Social Awareness <ul style="list-style-type: none"> Find the Unique in Me They Just Don't Get It! Resolving Differences in Opinion 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Perspective Building
6	Social Awareness	Learners will be able to evaluate verbal, physical, and environmental cues to predict and respond to the emotions of others.	Unit 5: Relationship Skills <ul style="list-style-type: none"> Using Strengths to Optimize Relationships The Ripple Effect: Your Actions Matter Perspective Building Supportive Strategies: Giving and Receiving Help Listening Actively Even When You Disagree 	

DOMAIN: SELF-CONCEPT (9th-10th)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: 9th-10th Grades	Thriving Classroom Curriculum Guide, 9th-12th	
7	Self-Awareness	Learners will be able to set priorities to build personal strengths, grow in their learning, recognize barriers, and employ solutions.	Unit 1: Introduction <ul style="list-style-type: none"> Character Strengths 101 Unit 2: Self-Awareness My Signature Strengths Revealed Powering Up My Inner Strengths 	Unit 3: Self-Management <ul style="list-style-type: none"> Balancing Act: Using Strengths for Balance and Self-Care
8	Self-Awareness	Learners will be able to use self-reflection to determine if their behavior is reflective of their personal values and modify behavior to match their beliefs.	Unit 2: Self-Awareness <ul style="list-style-type: none"> Defining Your Personal Brand Values Auction Setting Goals for My Beliefs 	
9	Self-Awareness Social Awareness	Learners will be able to reflect on their own beliefs relative to different familial and societal norms.	Unit 2: Self-Awareness <ul style="list-style-type: none"> Spotting Strengths Unit 3: Self-Management <ul style="list-style-type: none"> No Regrets! Editing Your Online Self 	Unit 4: Social Awareness <ul style="list-style-type: none"> Find the Unique in Me Unit 5: Relationship Skills <ul style="list-style-type: none"> Perspective Building
10	Self-Management	Learners will be able to reflect on the progress of personal goals in order to adjust action steps and time frames as necessary.	Unit 1: Introduction <ul style="list-style-type: none"> Introduction to Goal Setting Unit 3: Self-Management <ul style="list-style-type: none"> Towing Strengths: Meet Your Goals 	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Goals in Action: Dream Big, Start Small
11	Self-Awareness Self-Management	Learners will be able to recognize barriers to succeeding and identify supports to help themselves.	Unit 1: Introduction <ul style="list-style-type: none"> Strategies for Life Unit 3: Self-Management <ul style="list-style-type: none"> Leaving My Comfort Zone Managing Your Emotions to Solve Problems 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Supportive Strategies: Giving and Receiving Help Leveraging Your Community Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Leveraging Strengths to Solve Problems

DOMAIN: SOCIAL COMPETENCE (9th-10th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 9th-10th Grades	Thriving Classroom Curriculum Guide, 9th-12th	
12	Social Awareness	Learners will be able to identify positive ways to express understanding of differing perspectives.	Unit 2: Self-Awareness <ul style="list-style-type: none"> Spotting Strengths Unit 3: Self-Management <ul style="list-style-type: none"> Accepting Difference Unit 4: Social Awareness <ul style="list-style-type: none"> Agreeing to Disagree: Empathy and Respect Online Building Allyship 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Perspective Building Listening Actively Even When You Disagree
13	Social Awareness	Learners will be able to support the rights of individuals to reflect their family, culture, and community within the school setting.	Each SEL Unit includes a section on Diversity, Equity, and Inclusion. Lessons ensure that learners understand the nuances of each of these terms while offering activities through which they can challenge their own beliefs, misconceptions, and behaviors. These activities promote building perspective and empathy in relationships with others.	
14	Social Awareness	Learners will be able to assess for personal bias and evaluate strategies to oppose stereotyping.	Unit 2: Self-Awareness <ul style="list-style-type: none"> Powering Up My Inner Strengths Spotting Strengths Unit 3: Self-Management <ul style="list-style-type: none"> Accepting Difference 	Unit 4: Social Awareness <ul style="list-style-type: none"> Building Allyship Find the Unique Me
15	Relationship Skills	Learners will be able to independently seek and sustain positive, supportive relationships.	Unit 5: Relationship Skills <ul style="list-style-type: none"> Using Strengths to Optimize Relationships Supportive Strategies: Giving and Receiving Help Leveraging Your Community Listening Actively Even When You Disagree 	
16	Relationship Skills	Learners will be able to use assertive communication, including refusals, to get their needs met without negatively impacting others.	Unit 3: Self-Management <ul style="list-style-type: none"> Managing Your Emotions to Solve Problems Unit 4: Social Awareness <ul style="list-style-type: none"> Agreeing to Disagree: Empathy and Respect Online They Just Don't Get It! Resolving Differences in Opinion 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Supportive Strategies: Giving and Receiving Help Listening Actively Even When You Disagree Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Putting Conflict Resolution and Problem Solving into Practice

DOMAIN: SOCIAL COMPETENCE (9th-10th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 9th-10th Grades	Thriving Classroom Curriculum Guide, 9th-12th	
17	Relationship Skills	Learners will be able to accept constructive feedback.	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Is This My Personal Brand? 	
18	Relationship Skills	Learners will be able to formulate group goals and work through an agreed upon plan.	Unit 4: Social Awareness <ul style="list-style-type: none"> Exploring Our Team Strengths 	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Leveraging Strengths to Solve Challenges
19	Relationship Skills	Learners will be able to self-reflect on their role in a conflict to inform their behavior in the future.	Unit 3: Self-Management <ul style="list-style-type: none"> Managing Your Emotions to Solve Problems Unit 5: Relationship Skills <ul style="list-style-type: none"> Listening Actively Even When You Disagree 	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Putting Conflict Resolution and Problem Solving into Practice
20	Decision Making	Learners will be able to apply steps of systemic decision making with consideration of well-being for oneself and others.	All of the activities in Unit 6, Responsible Decision-Making, promote the ability to make constructive choices about personal behavior and social interactions and to evaluate the consequences of their decisions.	
21	Social Awareness	Learners will be able to identify the purpose of social norms for behavior across situations and how these norms are influenced by public opinion.	Unit 1: Introduction <ul style="list-style-type: none"> Branding your Social Media Presence Defining Diversity, Equity, and Inclusion 	Unit 2: Self-Awareness <ul style="list-style-type: none"> Defining Your Personal Brand
22	Decision Making Relationship Skills	Learners will be able to use negotiation and refusal skills to resist unwanted pressures and maintain personal health and safety.	Unit 1: Introduction <ul style="list-style-type: none"> Respect Yourself Unit 3: Self-Management <ul style="list-style-type: none"> Balancing Act: Using Strengths for Balance and Self-Care 	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Moving Toward Action: Choosing Self-Care

DOMAIN: SOCIAL COMPETENCE (9th-10th)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 9th-10th Grades	Thriving Classroom Curriculum Guide, 9th-12th
23	Social Awareness Relationship Skills	Learners will be able to advocate for their needs and the needs of others by utilizing educational and community support networks.	Appendix B: Get Active <ul style="list-style-type: none">Student Facilitated Lesson: Self-Care
24	Decision Making Social Awareness Relationship Skills	Learners will be able to independently create an action plan that addresses real needs in the classroom, school, and community.	Appendix B: Get Active <ul style="list-style-type: none">Lesson Extension: CyberbullyingLesson Extension: UpstanderLesson Extension: Upstander PSA Campaign

DOMAIN: EMOTIONAL DEVELOPMENT (11th-Adult)

Understand and manage one's emotions.



	CASEL Domain	Competencies: 11th Grade-Adult	Thriving Classroom Curriculum Guide, 9th-12th	
1	Self-Awareness	Learners will be able to identify how the process of recognizing and labeling emotions informs thinking and influences relationships.	Unit 1: Introduction <ul style="list-style-type: none"> Introduction to Community Character Strengths 101 	Unit 2: Self-Awareness <ul style="list-style-type: none"> My Signature Strengths Revealed Powering Up My Inner Strengths
2	Self-Management	Learners will be able to understand and explain how their expression of emotions can influence how others respond to them.	Unit 2: Self-Awareness <ul style="list-style-type: none"> Powering Up My Inner Strengths Spotting Strengths Values Auction 	Unit 3: Self-Management <ul style="list-style-type: none"> What's My Line? Where I Stand with Bullies Managing Your Emotions to Solve Problems
3	Self-Management	Learners will be able to predict situations that will cause strong emotions, and plan and prepare to manage those emotions.	Unit 3: Self-Management <ul style="list-style-type: none"> Managing Your Emotions to Solve Problems 	
4	Focus Attention	Learners will employ focusing skills independently and understand their importance in achieving important goals in times of adversity.	Unit 1: Introduction <ul style="list-style-type: none"> Introduction to Goal Setting Unit 2: Self-Awareness <ul style="list-style-type: none"> Setting Goals for My Best Self Unit 3: Self-Awareness <ul style="list-style-type: none"> Check Yourself! Monitoring Your Mindset 	Unit 4: Social Awareness <ul style="list-style-type: none"> Towing Strengths to Meet Your Goals Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Goals in Action: Dream Big, Start Small
5	Social Awareness	Learners will be able to demonstrate connectedness, through empathy and engagement to their communities.	Unit 4: Social Awareness <ul style="list-style-type: none"> Have a Heart Agreeing to Disagree: Having Empathy Online 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Now Hear This: Fight Against Cyberbullying
6	Social Awareness	Learners will be able to evaluate verbal, physical, and environmental cues to predict and respond to the emotions of others.	Unit 5: Relationship Skills <ul style="list-style-type: none"> Using Strengths to Optimize Relationships The Ripple Effect: Your Actions Matter Perspective Building Supportive Strategies: Giving and Receiving Help Listening Actively Even When You Disagree 	

DOMAIN: SELF-CONCEPT (11th-Adult)

Develop positive self-identity and recognize self as a lifelong learner.



	CASEL Domain	Competencies: 11th Grade-Adult	Thriving Classroom Curriculum Guide, 9th-12th	
7	Self-Awareness	Learners will be able to maintain a “growth mind set” about their abilities to succeed and grow and will persist through challenges.	Unit 3: Self-Management <ul style="list-style-type: none"> Check Yourself! Monitoring Your Mindset Unit 4: Social Awareness <ul style="list-style-type: none"> Towing Strengths to Meet Your Goals 	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Moving Toward Action: Choosing Self-Care Goals in Action: Dream Big, Start Small
8	Self-Awareness	Learners will be able to use self-reflection to determine if their behavior is reflective of their personal values and modify behavior to match their beliefs.	Unit 1: Introduction <ul style="list-style-type: none"> Character Strengths 101 Unit 2: Self-Awareness <ul style="list-style-type: none"> Defining Your Personal Brand Values Auction Setting Goals for My Best Self 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Using Strengths to Optimize Relationships Listening Actively Even When You Disagree
9	Self-Awareness Social Awareness	Learners will be able to explain how their beliefs can impact their growth and success, and advocate for their beliefs.	Unit 2: Self-Awareness <ul style="list-style-type: none"> Spotting Strengths Values Auction Unit 3: Self-Management <ul style="list-style-type: none"> No Regrets! Editing Your Online Self 	Unit 4: Social Awareness <ul style="list-style-type: none"> Find the Unique in Me Unit 5: Relationship Skills <ul style="list-style-type: none"> Perspective Building
10	Self-Management	Learners will be able to set short- and long-term group goals and create a plan to execute those goals. They will be able to analyze progress and collaborate to adjust goals when needed.	Unit 1: Introduction <ul style="list-style-type: none"> Introduction to Goal Setting Unit 2: Self-Awareness <ul style="list-style-type: none"> Setting Goals for My Best Self 	Unit 3: Self-Management <ul style="list-style-type: none"> Towing Strengths: Meet Your Goals Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Goals in Action: Dream Big, Start Small
11	Self-Awareness Self-Management	Learners will be able to demonstrate perseverance when dealing with challenges and adversity.	Unit 2: Self-Awareness <ul style="list-style-type: none"> Using My Strengths to Solve Problems Unit 3: Self-Management <ul style="list-style-type: none"> Leaving My Comfort Zone Check Yourself! Monitoring Your Mindset 	Unit 4: Social Awareness <ul style="list-style-type: none"> Towing Strengths to Meet Your Goals Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Moving Toward Action: Choosing Self-Care Putting Conflict Resolution and Problem Solving Into Practice

DOMAIN: SOCIAL COMPETENCE (11th-Adult)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 11th Grade-Adult	Thriving Classroom Curriculum Guide, 9th-12th	
12	Social Awareness	Learners will be able to demonstrate conversational skills to determine the perspective of others.	Unit 3: Self-Management <ul style="list-style-type: none"> What's My Line? Where I Stand with Bullies? Unit 4: Social Awareness <ul style="list-style-type: none"> Have a Heart Agreeing to Disagree: Empathy and Respect Online 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Listening Actively Even When You Disagree
13	Social Awareness	Learners will be able to support the rights of all individuals to reflect their family, culture, and community in society.	Each SEL Unit includes a section on Diversity, Equity, and Inclusion. Lessons ensure that learners understand the nuances of each of these terms while offering activities through which they can challenge their own beliefs, misconceptions, and behaviors. These activities promote building perspective and empathy in relationships with others.	
14	Social Awareness	Learners will be able to develop ethical arguments from a variety of ethical positions to evaluate societal norms.	Unit 4: Social Awareness <ul style="list-style-type: none"> Building Allyship Unit 5: Relationship Skills <ul style="list-style-type: none"> Now Hear This: Fight Against Cyberbullying The Ripple Effect: Your Actions Matter 	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Leveraging My Identity to Make Decisions
15	Relationship Skills	Learners will be able to maintain positive relationships and use effective strategies (e.g., boundary setting, stating your needs, and recognizing warning signs) to avoid negative relationships.	Unit 4: Social Awareness <ul style="list-style-type: none"> Agreeing to Disagree: Empathy and Respect Online They Just Don't Get It! Resolving Differences in Opinion 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Using Strengths to Optimize Relationships Supportive Strategies: Giving and Receiving Help Leveraging Your Community Listening Actively Even When You Disagree

DOMAIN: SOCIAL COMPETENCE (11th-Adult)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 11th Grade-Adult	Thriving Classroom Curriculum Guide, 9th-12th	
16	Relationship Skills	Learners will be able to use assertive communication, including refusals, to get their needs met without negatively impacting others.	Unit 3: Self-Management <ul style="list-style-type: none"> Managing Your Emotions to Solve Problems Unit 4: Social Awareness <ul style="list-style-type: none"> Agreeing to Disagree: Empathy and Respect Online They Just Don't Get It! Resolving Differences in Opinion 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Supportive Strategies: Giving and Receiving Help Listening Actively Even When you Disagree Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Putting Conflict Resolution and Problem Solving into Practice
17	Relationship Skills	Learners will be able to evaluate constructive feedback and provide constructive feedback when needed.	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Is This My Personal Brand? 	
18	Relationship Skills	Learners will be able to recognize how each group member's skills contribute toward group goals.	Unit 4: Social Awareness <ul style="list-style-type: none"> Exploring Our Team Strengths 	Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Leveraging Strengths to Solve Challenges
19	Relationship Skills	Learners will be able to consistently resolve interpersonal conflicts across settings (e.g., school, work, community, and personal relationships).	Unit 1: Introduction <ul style="list-style-type: none"> Strategies for Life Unit 3: Self-Management <ul style="list-style-type: none"> What's My Line? Where Do I Stand with Bullies? Managing Your Emotions to Solve Problems 	Unit 5: Relationship Skills <ul style="list-style-type: none"> Listening Actively Even When You Disagree Unit 6: Responsible Decision-Making <ul style="list-style-type: none"> Putting Conflict Resolution and Problem Solving into Practice
20	Decision Making	Learners will be able to consider a variety of factors (e.g., ethical, safety, and societal factors) in order to make decisions that promote productive social and work relations.	Unit 6: Responsible Decision-Making All of the lessons in this unit provide guidance in identifying and solving problems based on ethical standards, safety concerns, and social norms. Learners have a variety of opportunities to make decisions regarding these problems.	
21	Social Awareness	Learners will be able to evaluate the ways in which public opinion can be used to influence and shape public policy.		

DOMAIN: SOCIAL COMPETENCE (11th-Adult)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large.



	CASEL Domain	Competencies: 11th Grade-Adult	Thriving Classroom Curriculum Guide, 9th-12th
22	Decision Making Relationship Skills	Learners will be able to evaluate factors that impact personal and community health and safety, and apply appropriate preventative and protective strategies (e.g., health and wellness, sleep, healthy relationships).	<p>Unit 1: Introduction</p> <ul style="list-style-type: none"> Respect Yourself <p>Unit 3: Self-Management</p> <ul style="list-style-type: none"> Balancing Act: Using Strengths for Balance and Self-Care <p>Unit 6: Responsible Decision-Making</p> <ul style="list-style-type: none"> Moving Toward Action: Choosing Self-Care
23	Social Awareness Relationship Skills	Learners will be able generate positive choices and proactively advocate for themselves and others across settings (e.g., school, community, work, and personal relationships).	<p>Appendix B: Get Active</p> <ul style="list-style-type: none"> Student Facilitated Lesson: Self-Care
24	Decision Making Social Awareness Relationship Skills	Learners will be able to analyze opportunities to improve their community and engage in civic activities to influence issues impacting various communities.	<p>Appendix B: Get Active</p> <ul style="list-style-type: none"> Student Facilitated Lesson: Diversity, Equity and Inclusion Lesson Extension: Upstander PSA Campaign