

Integration of SEL Frameworks Within Social-Emotional Building Blocks

Sense of Self: Who am I? Where do I belong? What do I like or dislike?	Emotional Domain: Emotional knowledge and expression Identity Domain: Self-knowledge, self-esteem, understanding of place in the world Perspective Domain: Optimism, enthusiasm/zest	Self-Awareness: Identifying one's emotions Developing a personal identity Identifying personal, cultural, and linguistic assets
Reciprocal Engagement: Do I relate and engage with others? Do I maintain two-way communication with others? Can I initiate engagement with others? Can I get my needs met? Do I recognize and understand social cues?	Social Domain: Understanding social cues, prosocial/cooperative behavior Cognitive Domain: Attention control (in relation to prolonged interactions with others) Identity Domain: Understands self and own needs in order to interact with others Perspective Domain: Openness to others Values Domain: Performance values, civic values	Relationship Skills: Developing positive relationships, communicating effectively, seeking or offering support and help when needed
Social Awareness: Do I understand I am separate from others? Do I understand I have different opinions, experiences, and perspectives? Do I recognize and understand prosocial behaviors?	Emotional Domain: Empathy, perspective taking Social Domain: Understanding social cues, prosocial and cooperative behavior Perspective Domain: Openness, gratitude Values Domain: Civic values, ethical values	Self-Awareness: Integrating personal and social identities, examining prejudices and biases, demonstrating honesty and integrity Social Awareness: Taking others' perspectives, recognizing strengths in others, demonstrating empathy and compassion, showing concern for others' feelings, understanding and expressing gratitude Relationship Skills: Demonstrating cultural competency Responsible Decision Making: Demonstrating curiosity and open-mindedness
Social-Emotional Regulation: How do I stay calm and regulated? How do I maintain attention on target goals? How do I set goals and create plans?	Emotional Domain: Emotion and behavior regulation Cognitive Domain: Attention control, inhibitory control, working memory Identity Domain: Self-efficacy, growth mindset	Self-Awareness: Having a growth mindset, experiencing self-efficacy Self-Management: Managing one's emotions, using stress management strategies, exhibiting self-discipline and self-motivation, setting personal and collective goals, demonstrating personal agency, showing courage to take initiative Responsible Decision Making: Anticipating and evaluating the consequences of one's actions

<p>Logical Decision Making:</p> <p>Can I see the whole picture?</p> <p>Can I make logical connections between ideas?</p> <p>Can I see the outcomes of my actions and how they may affect others?</p>	<p>Social Domain: Conflict resolution, social problem solving</p> <p>Cognitive Domain: Planning skills, cognitive flexibility, and critical thinking</p> <p>Values Domain: Ethical values, performance values, civic values, and intellectual value</p> <p>Identity Domain: Sense of purpose in the world</p>	<p>Self-Awareness: Linking feelings, values, and thoughts</p> <p>Developing interests and a sense of purpose</p> <p>Social Awareness: Identifying diverse social norms including unjust ones, recognizing situational demands and opportunities, understanding the influences of organizations or systems on behavior</p> <p>Relationship Skills: Practice teamwork and collaborative problem solving, resolve conflicts constructively</p> <p>Responsible Decision Making: Identifying solutions for personal and social problems; learning to make a reasoned judgement after analyzing information, data, facts; recognizing how critical thinking skills are useful; reflecting on one's role to promote personal, family, and community well-being; evaluating personal, interpersonal, community, and institutional impacts</p> <p>Self-Management: Using planning and organizable skills</p>
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