



**Core SEL Competencies**



**Educating Hearts.  
Inspiring Minds.**

**Grades 3-5**

Unit 1

Unit 2

Unit 3

Rings of Responsibility	Private & Personal Information	The Power of Words	The Key to Keywords	Whose Is It, Anyway?	Strong Passwords	Digital Citizenship Pledge	You've Won a Prize!	How to Cite a Site	Picture Perfect	Talking Safely Online	Super Digital Citizen	Privacy Rules	What's Cyberbullying?	Selling Stereotypes
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<b>1</b>	<b>Self-Awareness</b> The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."													
<input type="checkbox"/>	a. Identify emotions													
<input type="checkbox"/>	b. Accurate self-perception													
<input type="checkbox"/>	c. Recognize strengths													
<input type="checkbox"/>	d. Self-confidence													
<input type="checkbox"/>	e. Self-efficacy													
<b>2</b>	<b>Self-Management</b> The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.													
<input type="checkbox"/>	a. Impulse control													
<input type="checkbox"/>	b. Stress management													
<input type="checkbox"/>	c. Self-discipline													
<input type="checkbox"/>	d. Self-motivation													
<input type="checkbox"/>	e. Goal-setting													
<input type="checkbox"/>	f. Organizational skills													
<b>3</b>	<b>Social Awareness</b> The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and support.													
<input type="checkbox"/>	a. Perspective-taking													

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<input type="checkbox"/>	b.	Empathy			■							■					
<input type="checkbox"/>	c.	Appreciating diversity			■							■					■
<input type="checkbox"/>	d.	Respect for others	■	■	■		■		■		■	■	■	■		■	■
<b>4 Relationship Skills</b> The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.																	
<input type="checkbox"/>	a.	Communication	■		■	■	■		■	■	■	■	■	■	■	■	■
<input type="checkbox"/>	b.	Social engagement	■		■	■	■		■	■	■	■		■	■		■
<input type="checkbox"/>	c.	Relationship building	■		■	■	■		■	■	■	■			■		■
<input type="checkbox"/>	d.	Teamwork	■		■	■	■		■	■	■	■			■		■
<b>5 Responsible Decision-Making</b> The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.																	
<input type="checkbox"/>	a.	Identifying problems		■	■		■	■	■	■	■	■	■	■	■	■	■
<input type="checkbox"/>	b.	Analyzing solutions		■	■		■	■	■	■	■		■	■	■	■	■
<input type="checkbox"/>	c.	Solving problems		■	■		■	■	■				■	■		■	
<input type="checkbox"/>	d.	Evaluating		■	■		■	■		■		■	■	■		■	■
<input type="checkbox"/>	e.	Reflecting	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
<input type="checkbox"/>	f.	Ethical responsibility	■	■	■		■		■		■		■	■	■	■	