

# 2022-2023 SEL Working Group: Working Document

## DRAFT Self-Management Competency Scope and Sequence

Self-Management: Identity			
Key Learning Outcomes	Early Elementary	Late Elementary	Middle School
Students cultivate a comprehensive understanding of their personal and social identities.	<p>Students develop an initial understanding of personal traits and past experiences and can express these elements of their identity.</p> <p>Students recognize people, locations, and concepts that matter to them and describe their family traditions.</p>	<p>Students understand how personal and social identity change over time.</p> <p>Students articulate their beliefs about topics that are important to them, their family, and their learning community.</p>	<p>Students explore their different social identities, including race, ethnicity, language, gender and ability.</p> <p>Students begin to explore the concept of intersectionality.</p>
Students articulate their beliefs, manage emotions and utilize coping strategies	<p>Students identify and express their emotions and understand multiple emotions can occur at the same time.</p> <p>Students begin to use strategies to manage big feelings.</p>	<p>Students recognize the intensity of their emotions and name increasingly complex emotions. They can identify when they feel stressed or anxious.</p> <p>Students can use multiple strategies to manage stress and find calm.</p>	<p>Students examine and reflect on the underlying causes of emotions and differentiate between emotions and feelings.</p> <p>Students explore and understand how values are formed and how perspectives and values can be challenged.</p>
Students demonstrate a growth mindset and engage in self-reflection and goal setting	<p>Students demonstrate a willingness to face challenges and learn from mistakes.</p> <p>Students set achievable short-term goals.</p>	<p>Students seek and value constructive feedback to improve their academic and social-emotional learning.</p> <p>Students use strengths and areas for growth to set short and long-term goals.</p>	<p>Students consistently apply a growth mindset to academic, social, and personal challenges.</p> <p>Students demonstrate self-awareness, resilience, and adaptability to cope with setbacks and maintain motivation towards goals.</p>

**Self-Management: Belonging**

<b>Key Learning Outcomes</b>	<b>Early Elementary</b>	<b>Late Elementary</b>	<b>Middle School</b>
<p>Students understand acceptance and exclusion and respond to these behaviors with inclusivity and empathy.</p>	<p>Students practice including others in academic and social activities and challenge behaviors that exclude others.</p> <p>Students follow adult modeling to listen to and respond to others' feelings in a supportive way.</p>	<p>Students explain the concepts of exclusion and inclusion and use inclusive language.</p> <p>Students practice empathy and independently follow inclusive classroom and school community norms during academic learning and play.</p>	<p>Students make responsible decisions to increase inclusivity in their community.</p>
<p>Students demonstrate self-awareness and the ability to reflect on their own prejudices, biases, strengths, and challenges while fostering personal growth and respect for others.</p>	<p>Students describe and express value for the different cultural and family traditions present in their classroom and school community.</p>	<p>Students identify and analyze stereotypes and biases.</p> <p>Students reflect on personal strengths and challenges using growth mindset language</p>	<p>Students cultivate self-awareness and self-acceptance and evaluate personal prejudices and biases.</p>
<p>Students recognize their roles within various communities and understand the importance of reciprocity</p>	<p>Students use basic problem-solving skills during recess and free play.</p> <p>Students participate in opportunities to help others, such as cooperative learning activities and buddy classes.</p>	<p>Students demonstrate the concept of reciprocity and reflect on how they participate in different communities</p>	<p>Students demonstrate a commitment to meeting the needs of community members and fostering a sense of belonging.</p>