

# Social Emotional Learning Wheel



Social Emotional Learning promotes intrapersonal, interpersonal and cognitive competence to enhance a child's capacity to integrate skills, attitudes and behaviors to deal effectively with daily tasks and challenges.

There are five areas: (see wheel)

- Self-awareness
- Self-management
- Social awareness
- Relationship Skills

- Responsible decision making

### **Self-awareness**

- Ability to accurately recognize one's own emotions, thoughts, goals and values and how they influence behavior
- Ability to accurately assess one's strengths and limitations
- Have a well-grounded sense of confidence, optimism and a growth mindset

Develop self-awareness through:

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence

### **Self-management**

- Ability to successfully regulate one's emotions, thoughts, and behaviors in different situations
- Effectively managing stress, controlling impulses, motivate self by setting and working toward goals

Develop self-management through:

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal setting
- Organizational skills

### **Social Awareness**

- Ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures
- Ability to understand social and ethical norms for behavior and recognize family, school and community resources and supports

Develop social awareness through:

- Perspective taking
- Empathy
- Appreciating diversity
- Respect for others

### **Relationship Skills**

- Ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups
- Ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, deal with conflict constructively, seek and offer help when needed

Develop relationship skills through:

- Communication
- Social engagement
- Relationship building
- Teamwork

### **Responsible Decision Making**

- Ability to make constructive choices about personal behavior and social interactions based on ethics, safety, and social norms
- Realistic evaluation of consequences of various actions
- Consideration of well-being of self and others

Develop responsible decision making through:

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting