Curriculum Overview: SEL Adventures

This "choose your path" course engages students in Grades 3-5 with authentic, age-appropriate scenarios that align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) Framework in the following social and emotional competencies:

- **Competency 1:** Self-Awareness
- **Competency 2:** Self-Management
- **Competency 3:** Social Awareness
- **Competency 4:** Relationship Skills
- **Competency 5:** Responsible Decision-Making

Self-Awareness: The ability to introspectively understand your own emotions, thoughts, and values, and to recognize how they shape your actions and interactions with others. It involves a genuine assessment of your personal strengths and areas for growth, leading to a grounded confidence and an optimistic perspective on life.

1.1 Scenario: Integrating personal and social identities
1.2 Scenario: Identifying personal, cultural, and linguistic assets
1.3 Scenario: Identifying one's emotions
1.4 Scenario: Demonstrating honesty and integrity
1.5 Scenario: Linking feelings, values, and thoughts
1.6 Scenario: Examining prejudices and biases
1.7 Scenario: Experiencing self-efficacy
1.8 Scenario: Having a growth mindset
1.9 Scenario: Developing interests and a sense of purpose
1.10 Scenario: Developing interests and a sense of purpose

Self-Management: The ability to consciously regulate and guide your own emotions, thoughts, and actions across different situations. It encompasses effectively handling stress, exercising self-control over impulses, staying motivated from within, and setting as well as actively working towards personal and academic objectives. This skill enables individuals to adapt to changing circumstances and persist in achieving their goals despite challenges.

2.1 Scenario: Managing one's emotions
2.2 Scenario: Managing one's emotions
2.3 Scenario: Identifying and using stress-management strategies
2.4 Scenario: Exhibiting self-discipline and self-motivation
2.5 Scenario: Exhibiting self-discipline and self-motivation

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2.6 Scenario: Setting personal and collective goals
2.7 Scenario: Using planning and organizational skills
2.8 Scenario: Using planning and organizational skills
2.9 Scenario: Showing the courage to take initiative
2.10 Scenario: Demonstrating personal and collective agency

Social Awareness: The ability to empathetically understand and appreciate the perspectives and emotions of people from different cultures and backgrounds. It involves recognizing and respecting social and ethical norms, and being mindful of how these influence behavior in various settings. Additionally, it includes being aware of the resources and support systems available within one's family, school, and community, enabling individuals to effectively navigate social environments and contribute positively to society.

3.1 Scenario: Taking others' perspectives
3.2 Scenario: Recognizing strengths in others
3.3 Scenario: Demonstrating empathy and compassion
3.4 Scenario: Demonstrating empathy and compassion
3.5 Scenario: Showing concern for the feelings of others
3.6 Scenario: Showing concern for the feelings of others
3.7 Scenario: Understanding and expressing gratitude
3.8 Scenario: Identifying diverse social norms, including unjust ones
3.9 Scenario: Recognizing situational demands and opportunities
3.10 Scenario: Understanding the influences of organizations/systems on behavior

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Relationship Skills: The abilities necessary to create and nurture positive, fulfilling connections with a variety of individuals and groups. This includes effectively communicating your thoughts and feelings, actively listening to others, and collaborating harmoniously in team settings. It also involves the capacity to resist negative social influences, navigate and resolve conflicts in a constructive way, and both seek and provide support when needed. Developing these skills enables you to interact respectfully and empathetically with people from diverse backgrounds, fostering healthy relationships in personal, academic, and professional contexts.

4.1 Scenario: Communicating effectively
4.2 Scenario: Developing positive relationships
4.3 Scenario: Developing positive relationships
4.4 Scenario: Demonstrating cultural competency
4.5 Scenario: Practicing teamwork and collaborative problem-solving
4.6 Scenario: Resolving conflicts constructively
4.7 Scenario: Resisting negative social pressure
4.8 Scenario: Showing leadership in groups
4.9 Scenario: Seeking or offering support and help when needed

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4.10 Scenario: Standing up for the rights of others

Responsible Decision-Making: The ability to select actions that are positive and respectful toward oneself and others. It involves thoughtfully considering ethical principles, safety considerations, and social expectations before making choices. This skill requires realistically evaluating the potential outcomes of different actions and understanding how they may affect the well-being of both yourself and those around you. By integrating moral values and a careful assessment of consequences, responsible decision-making enables individuals to make choices that promote personal integrity and contribute positively to their communities.

5.1 Scenario: Demonstrating curiosity and open-mindedness
5.2 Scenario: Demonstrating curiosity and open-mindedness
5.3 Scenario: Identifying solutions for personal and social problems
5.4 Scenario: Identifying solutions for personal and social problems
5.5 Scenario: Learning to make a reasoned judgment after analyzing information, data, facts
5.6 Scenario: Anticipating and evaluating the consequences of one's actions
5.7 Scenario: Anticipating and evaluating the consequences of one's actions
5.8 Scenario: Recognizing how critical thinking skills are useful both inside & outside of school
5.9 Scenario: Reflecting on one's role to promote personal, family, and community well-being
5.10 Scenario: Evaluating personal, interpersonal, community, and institutional impacts

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By integrating these social and emotional competencies and attributes, the project provides a comprehensive learning experience for students in Grade 3-5.

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