

|                                                                                     |                                                                               | Purpose Prep K-5 Course: Kindergarten                             |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------|---------------------|---------------------------------|-----------------------|----------------------------|----------------------------------|-------------------------------|------------------------------|-----------------------------|-----------------------------------------|----------------|--------------|----------------------|--------------|----------------------|--|
|                                                                                     |                                                                               | Unit 1: Why Emotions are Important                                |                     |                                 |                       | Unit 2: Safety Basics      |                                  |                               |                              | Unit 3: Learning Principles |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | What are Emotions?                                                | Why Emotions Matter | Identify & Change Your Feelings | Coloring Our Emotions | How Emotions Impact Others | Safety First & Protecting Myself | Safe vs. Unsafe Relationships | Intro to the "Touching" Rule | "No Secrets Allowed" Rule   | Talking Positively to Myself and Others | Being Generous | Being Honest | Develop Self-Control | Teamwork 101 | Being Fair to Others |  |
| CASEL COMPETENCIES <sup>1</sup>                                                     | SELF-AWARENESS <sup>2</sup>                                                   | Integrating personal and social identities                        |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Identifying personal, cultural, and linguistic assets             |                     |                                 |                       |                            |                                  |                               |                              |                             | ✓                                       |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Identifying one's emotions                                        | ✓                   |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Demonstrating honesty and integrity                               |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Linking feelings, values, and thoughts                            |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Examining prejudices and biases                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Experiencing self-efficacy                                        |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Having a growth mindset                                           |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     | Developing interests and a sense of purpose                                   |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     | SELF-MANAGEMENT <sup>3</sup>                                                  | Managing one's emotions                                           |                     |                                 | ✓                     |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Identifying and using stress-management strategies                |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Exhibiting self-discipline and self-motivation                    |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Setting personal and collective goals                             |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Using planning and organizational skills                          |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Showing the courage to take initiative                            |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     | SOCIAL AWARENESS <sup>4</sup>                                                 | Demonstrating personal and collective agency                      |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Taking others' perspectives                                       |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Recognizing strengths in others                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         | ✓              |              |                      |              |                      |  |
|                                                                                     |                                                                               | Demonstrating empathy and compassion                              |                     | ✓                               |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Showing concern for the feelings of others                        |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Understanding and expressing gratitude                            |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Identifying diverse social norms, including unjust ones           |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     |                                                                               | Recognizing situational demands and opportunities                 |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      | ✓            |                      |  |
|                                                                                     | RELATIONSHIP SKILLS <sup>5</sup>                                              | Understanding the influences of organizations/systems on behavior |                     |                                 |                       |                            |                                  | ✓                             |                              |                             |                                         |                |              |                      |              |                      |  |
| Communicating effectively                                                           |                                                                               |                                                                   |                     |                                 | ✓                     |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
| Developing positive relationships                                                   |                                                                               |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
| Demonstrating cultural competency                                                   |                                                                               |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
| Practicing teamwork and collaborative problem-solving                               |                                                                               |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      | ✓            |                      |  |
| Resolving conflicts constructively                                                  |                                                                               |                                                                   |                     |                                 |                       |                            |                                  |                               |                              | ✓                           |                                         |                |              |                      |              |                      |  |
| Resisting negative social pressure                                                  |                                                                               |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
| Showing leadership in groups                                                        |                                                                               |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
| RESPONSIBLE DECISION-MAKING <sup>6</sup>                                            | Seeking or offering support and help when needed                              |                                                                   |                     |                                 |                       |                            |                                  | ✓                             |                              |                             | ✓                                       |                |              |                      |              |                      |  |
|                                                                                     | Standing up for the rights of others                                          |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     | Demonstrating curiosity and open-mindedness                                   |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     | Identifying solutions for personal and social problems                        |                                                                   |                     |                                 |                       |                            |                                  |                               | ✓                            |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     | Learning to make a reasoned judgment after analyzing information, data, facts |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
|                                                                                     | Anticipating and evaluating the consequences of one's actions                 |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
| Recognizing how critical thinking skills are useful both inside & outside of school |                                                                               |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                |              |                      | ✓            |                      |  |
| Reflecting on one's role to promote personal, family, & community well-being        |                                                                               |                                                                   |                     |                                 | ✓                     |                            |                                  |                               |                              |                             |                                         |                |              |                      |              |                      |  |
| Evaluating personal, interpersonal, community, and institutional impacts            |                                                                               |                                                                   |                     |                                 |                       |                            |                                  |                               |                              |                             |                                         |                | ✓            |                      |              |                      |  |

1. <https://casel.org/wp-content/uploads/2020/10/CASEL-SEL-Framework-10.2020-1.pdf>  
 2. "The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts."  
 3. "The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations."  
 4. "The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts."  
 5. "The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups."  
 6. "The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations."

# COURSE CASEL ALIGNMENT

|                                                                                     |                                                                               | Purpose Prep K-5 Course: 1st Grade                                |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------|----------------|-------------------------------|----------------------------------|---------------------|--------------------------------|---------------------|--------------------------------------------|------------------------------------|--------------------------|----------------------|-------------------------|------------------|-------------------------|---|
|                                                                                     |                                                                               | Unit 1: Learning My Basic Emotions                                |                              |                |                               | Unit 2: My Health and Well-Being |                     |                                |                     | Unit 3: Positive Living                    |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | What to Do When You're Happy or Sad                               | What to Do When You're Angry | All About Love | What Do I Do When I'm Afraid? | Peace                            | Personal Boundaries | Intro to the "Always Ask" Rule | Keeping Others Safe | Speaking Up and Reporting Unwanted Touches | Learning Helps with Personal Goals | Creating Personal Values | Healthy Life Choices | Practicing Perseverance | Being Respectful | Celebrating Differences |   |
| <b>CASEL COMPETENCIES</b> <sup>1</sup>                                              | <b>SELF-AWARENESS</b> <sup>2</sup>                                            | Integrating personal and social identities                        |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  | ✓                       |   |
|                                                                                     |                                                                               | Identifying personal, cultural, and linguistic assets             |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Identifying one's emotions                                        |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Demonstrating honesty and integrity                               |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Linking feelings, values, and thoughts                            |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          | ✓                    |                         |                  |                         |   |
|                                                                                     |                                                                               | Examining prejudices and biases                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         | ✓ |
|                                                                                     |                                                                               | Experiencing self-efficacy                                        |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Having a growth mindset                                           |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         | ✓                |                         |   |
|                                                                                     | Developing interests and a sense of purpose                                   |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         | ✓                |                         |   |
|                                                                                     | <b>SELF-MANAGEMENT</b> <sup>3</sup>                                           | Managing one's emotions                                           | ✓                            |                |                               | ✓                                |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Identifying and using stress-management strategies                |                              |                |                               |                                  | ✓                   |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Exhibiting self-discipline and self-motivation                    |                              |                |                               |                                  |                     | ✓                              |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Setting personal and collective goals                             |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Using planning and organizational skills                          |                              |                |                               |                                  |                     |                                |                     |                                            |                                    | ✓                        |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Showing the courage to take initiative                            |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     | <b>SOCIAL AWARENESS</b> <sup>4</sup>                                          | Demonstrating personal and collective agency                      |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Taking others' perspectives                                       |                              |                |                               | ✓                                |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Recognizing strengths in others                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Demonstrating empathy and compassion                              |                              |                |                               | ✓                                |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Showing concern for the feelings of others                        |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Understanding and expressing gratitude                            |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Identifying diverse social norms, including unjust ones           |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     | Recognizing situational demands and opportunities                             |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     | <b>RELATIONSHIP SKILLS</b> <sup>5</sup>                                       | Understanding the influences of organizations/systems on behavior |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Communicating effectively                                         |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Developing positive relationships                                 |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Demonstrating cultural competency                                 |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     |                                                                               | Practicing teamwork and collaborative problem-solving             |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
| Resolving conflicts constructively                                                  |                                                                               |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
| Resisting negative social pressure                                                  |                                                                               |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
| Showing leadership in groups                                                        |                                                                               |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
| Seeking or offering support and help when needed                                    |                                                                               |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            | ✓                                  |                          |                      |                         |                  |                         |   |
| <b>RESPONSIBLE DECISION-MAKING</b> <sup>6</sup>                                     | Standing up for the rights of others                                          |                                                                   |                              |                |                               |                                  |                     |                                | ✓                   |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     | Demonstrating curiosity and open-mindedness                                   |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          | ✓                    |                         |                  |                         |   |
|                                                                                     | Identifying solutions for personal and social problems                        |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     | Learning to make a reasoned judgment after analyzing information, data, facts |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
|                                                                                     | Anticipating and evaluating the consequences of one's actions                 |                                                                   | ✓                            |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
| Recognizing how critical thinking skills are useful both inside & outside of school |                                                                               |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
| Reflecting on one's role to promote personal, family, & community well-being        |                                                                               |                                                                   |                              |                |                               |                                  | ✓                   |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |
| Evaluating personal, interpersonal, community, and institutional impacts            |                                                                               |                                                                   |                              |                |                               |                                  |                     |                                |                     |                                            |                                    |                          |                      |                         |                  |                         |   |

1. <https://casel.org/wp-content/uploads/2020/10/CASEL-SEL-Framework-10.2020-1.pdf>

2. "The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts."

3. "The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations."

4. "The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts."

5. "The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups."

6. "The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations."

| Purpose Prep K-5 Course: 2nd Grade                                                  |                                                                               |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------|-------------|-----------------|---------------------------------------------------|-----------------------------------------------|------------------------------------------|-----------------------------|--------------------------------|----------|-------------------|-----------|-----------------|
| Unit 1: Emotions & Relationships                                                    |                                                                               |                                                                   |           |             |                 | Unit 2: Healthy Growth                            |                                               |                                          |                             | Unit 3: Unleashing the Best Me |          |                   |           |                 |
| Attitude                                                                            | Being a Good Friend                                                           | Talk to Someone about Your Fears                                  | Happiness | Feeling Sad | "No" Means "No" | We're All Different & Need Help in Different Ways | Safe vs. Unsafe & Wanted vs. Unwanted Touches | Speaking Up and Reporting Unsafe Touches | Goals to Transform Behavior | The Impact of Values           | Optimism | Being Responsible | Gratitude | Showing Empathy |
| CASEL COMPETENCIES <sup>1</sup>                                                     | SELF-AWARENESS <sup>2</sup>                                                   | Integrating personal and social identities                        |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Identifying personal, cultural, and linguistic assets             |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Identifying one's emotions                                        |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Demonstrating honesty and integrity                               |           |             |                 |                                                   |                                               |                                          |                             |                                |          | ✓                 |           |                 |
|                                                                                     |                                                                               | Linking feelings, values, and thoughts                            |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Examining prejudices and biases                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Experiencing self-efficacy                                        |           |             |                 |                                                   |                                               |                                          |                             |                                |          | ✓                 |           |                 |
|                                                                                     |                                                                               | Having a growth mindset                                           |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     | Developing interests and a sense of purpose                                   |                                                                   |           |             |                 |                                                   |                                               |                                          |                             | ✓                              |          |                   |           |                 |
|                                                                                     | SELF-MANAGEMENT <sup>3</sup>                                                  | Managing one's emotions                                           |           | ✓           |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Identifying and using stress-management strategies                |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Exhibiting self-discipline and self-motivation                    |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Setting personal and collective goals                             |           |             |                 |                                                   |                                               |                                          | ✓                           |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Using planning and organizational skills                          |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Showing the courage to take initiative                            |           |             |                 |                                                   |                                               | ✓                                        |                             |                                |          |                   |           |                 |
|                                                                                     | SOCIAL AWARENESS <sup>4</sup>                                                 | Demonstrating personal and collective agency                      | ✓         |             |                 |                                                   |                                               |                                          | ✓                           |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Taking others' perspectives                                       |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           | ✓               |
|                                                                                     |                                                                               | Recognizing strengths in others                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Demonstrating empathy and compassion                              |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           | ✓               |
|                                                                                     |                                                                               | Showing concern for the feelings of others                        |           | ✓           |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Understanding and expressing gratitude                            |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   | ✓         |                 |
|                                                                                     |                                                                               | Identifying diverse social norms, including unjust ones           |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Recognizing situational demands and opportunities                 |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     | RELATIONSHIP SKILLS <sup>5</sup>                                              | Understanding the influences of organizations/systems on behavior |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Communicating effectively                                         |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Developing positive relationships                                 |           |             |                 | ✓                                                 |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Demonstrating cultural competency                                 |           |             |                 |                                                   | ✓                                             |                                          |                             |                                |          |                   |           |                 |
|                                                                                     |                                                                               | Practicing teamwork and collaborative problem-solving             |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
| Resolving conflicts constructively                                                  |                                                                               |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
| Resisting negative social pressure                                                  |                                                                               |                                                                   |           |             |                 | ✓                                                 |                                               |                                          |                             |                                |          |                   |           |                 |
| Showing leadership in groups                                                        |                                                                               |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
| RESPONSIBLE DECISION-MAKING <sup>6</sup>                                            | Seeking or offering support and help when needed                              |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     | Standing up for the rights of others                                          |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     | Demonstrating curiosity and open-mindedness                                   |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     | Identifying solutions for personal and social problems                        |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     | Learning to make a reasoned judgment after analyzing information, data, facts |                                                                   |           |             | ✓               |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
|                                                                                     | Anticipating and evaluating the consequences of one's actions                 |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
| Recognizing how critical thinking skills are useful both inside & outside of school |                                                                               |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
| Reflecting on one's role to promote personal, family, & community well-being        |                                                                               |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |
| Evaluating personal, interpersonal, community, and institutional impacts            |                                                                               |                                                                   |           |             |                 |                                                   |                                               |                                          |                             |                                |          |                   |           |                 |

1. <https://casel.org/wp-content/uploads/2020/10/CASEL-SEL-Framework-10.2020-1.pdf>  
 2. "The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts."  
 3. "The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations."  
 4. "The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts."  
 5. "The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups."  
 6. "The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations."

|                                                                              |                                                                                     | Purpose Prep K-5 Course: 3rd Grade                                |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------|-----------------------|-----------------------|---------------------------------|-------------------|----------------------|-----------------------|-----------------------------|----------------|-------------------------------|-------------------------|------------------|--------------------------|----------|---|
|                                                                              |                                                                                     | Unit 1: Why Emotions are Important                                |                            |                       |                       | Unit 2: Personal Responsibility |                   |                      |                       | Unit 3: Living From Purpose |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Why are Emotions Important?                                       | How to Make Good Decisions | Changing Bad Feelings | Coloring Our Emotions | How Emotions Impact Others      | Ways to Stay Safe | Follow Your Feelings | Secrets Worth Sharing | Keep Speaking Up            | Peaceful Words | What Are Values & Principles? | Personal Responsibility | Having Integrity | Giving Respect to Others | Teamwork |   |
| CASEL COMPETENCIES <sup>1</sup>                                              | SELF-AWARENESS <sup>2</sup>                                                         | Integrating personal and social identities                        |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               | ✓                       |                  |                          |          |   |
|                                                                              |                                                                                     | Identifying personal, cultural, and linguistic assets             | ✓                          |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Identifying one's emotions                                        |                            |                       |                       | ✓                               |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Demonstrating honesty and integrity                               |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         | ✓                |                          |          |   |
|                                                                              |                                                                                     | Linking feelings, values, and thoughts                            |                            | ✓                     |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Examining prejudices and biases                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          | ✓        |   |
|                                                                              |                                                                                     | Experiencing self-efficacy                                        |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Having a growth mindset                                           |                            |                       | ✓                     |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              | SELF-MANAGEMENT <sup>3</sup>                                                        | Developing interests and a sense of purpose                       |                            |                       |                       |                                 |                   |                      |                       |                             |                | ✓                             |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Managing one's emotions                                           |                            |                       |                       |                                 | ✓                 |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Identifying and using stress-management strategies                |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Exhibiting self-discipline and self-motivation                    |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Setting personal and collective goals                             |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Using planning and organizational skills                          |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Showing the courage to take initiative                            |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Demonstrating personal and collective agency                      |                            |                       |                       |                                 |                   | ✓                    |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              | SOCIAL AWARENESS <sup>4</sup>                                                       | Taking others' perspectives                                       |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Recognizing strengths in others                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Demonstrating empathy and compassion                              |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Showing concern for the feelings of others                        |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Understanding and expressing gratitude                            |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Identifying diverse social norms, including unjust ones           |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Recognizing situational demands and opportunities                 |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Understanding the influences of organizations/systems on behavior |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              | RELATIONSHIP SKILLS <sup>5</sup>                                                    | Communicating effectively                                         |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Developing positive relationships                                 |                            |                       |                       |                                 |                   |                      |                       |                             | ✓              |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Demonstrating cultural competency                                 |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              |                                                                                     | Practicing teamwork and collaborative problem-solving             |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          | ✓ |
| Resolving conflicts constructively                                           |                                                                                     |                                                                   |                            |                       |                       |                                 |                   | ✓                    |                       |                             |                |                               |                         |                  |                          |          |   |
| Resisting negative social pressure                                           |                                                                                     |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
| Showing leadership in groups                                                 |                                                                                     |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
| Seeking or offering support and help when needed                             |                                                                                     |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
| RESPONSIBLE DECISION-MAKING <sup>6</sup>                                     | Standing up for the rights of others                                                |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              | Demonstrating curiosity and open-mindedness                                         |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              | Identifying solutions for personal and social problems                              |                                                                   |                            |                       |                       |                                 |                   |                      | ✓                     |                             |                |                               |                         |                  |                          |          |   |
|                                                                              | Learning to make a reasoned judgment after analyzing information, data, facts       |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              | Anticipating and evaluating the consequences of one's actions                       |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
|                                                                              | Recognizing how critical thinking skills are useful both inside & outside of school |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |
| Reflecting on one's role to promote personal, family, & community well-being |                                                                                     |                                                                   |                            |                       |                       |                                 |                   |                      | ✓                     |                             |                |                               |                         |                  |                          |          |   |
| Evaluating personal, interpersonal, community, and institutional impacts     |                                                                                     |                                                                   |                            |                       |                       |                                 |                   |                      |                       |                             |                |                               |                         |                  |                          |          |   |

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 5. "The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups."  
 6. "The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations."

# COURSE CASEL ALIGNMENT

| Purpose Prep K-5 Course: 4th Grade                                                  |                                                                               |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|------|-------------------------------|----------------------------------|----------------|---------------------|------------------------------------------|-----------------------------|-----------------------------------|---------------------------|---------------|-----------------|------------------|---------|--|
| Unit 1: Learning My Basic Emotions                                                  |                                                                               |      |                               | Unit 2: Personal Health Concepts |                |                     |                                          | Unit 3: Exercising My Heart |                                   |                           |               |                 |                  |         |  |
| Sadness and Happiness                                                               | Anger                                                                         | Love | What Do I Do When I'm Afraid? | Finding Peace                    | Be Responsible | Unsafe vs. Unwanted | Respect Everyone & Their Personal Rights | How to Say "No"             | Goal Achievement That Brings Hope | Building My Values System | Personal Grit | Grateful Hearts | Free Forgiveness | Empathy |  |
| SELF-AWARENESS <sup>2</sup>                                                         | Integrating personal and social identities                                    |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Identifying personal, cultural, and linguistic assets                         |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Identifying one's emotions                                                    |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Demonstrating honesty and integrity                                           |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Linking feelings, values, and thoughts                                        |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Examining prejudices and biases                                               |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Experiencing self-efficacy                                                    |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Having a growth mindset                                                       |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Developing interests and a sense of purpose                                   |      |                               |                                  |                |                     |                                          |                             |                                   |                           | ✓             |                 |                  |         |  |
|                                                                                     | Managing one's emotions                                                       |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
| SELF-MANAGEMENT <sup>3</sup>                                                        | Identifying and using stress-management strategies                            | ✓    |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Exhibiting self-discipline and self-motivation                                |      | ✓                             |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Setting personal and collective goals                                         |      |                               |                                  |                |                     |                                          |                             |                                   |                           | ✓             |                 |                  |         |  |
|                                                                                     | Using planning and organizational skills                                      |      |                               |                                  |                |                     |                                          |                             | ✓                                 |                           |               |                 |                  |         |  |
|                                                                                     | Showing the courage to take initiative                                        |      |                               |                                  |                |                     |                                          | ✓                           |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Demonstrating personal and collective agency                                  |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
| SOCIAL AWARENESS <sup>4</sup>                                                       | Taking others' perspectives                                                   |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  | ✓       |  |
|                                                                                     | Recognizing strengths in others                                               |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 | ✓                |         |  |
|                                                                                     | Demonstrating empathy and compassion                                          |      |                               | ✓                                |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Showing concern for the feelings of others                                    |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Understanding and expressing gratitude                                        |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               | ✓               |                  |         |  |
|                                                                                     | Identifying diverse social norms, including unjust ones                       |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Recognizing situational demands and opportunities                             |      |                               |                                  |                |                     |                                          | ✓                           |                                   |                           |               |                 |                  |         |  |
| Understanding the influences of organizations/systems on behavior                   |                                                                               |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
| RELATIONSHIP SKILLS <sup>5</sup>                                                    | Communicating effectively                                                     |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Developing positive relationships                                             |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Demonstrating cultural competency                                             |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Practicing teamwork and collaborative problem-solving                         |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Resolving conflicts constructively                                            |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Resisting negative social pressure                                            |      |                               |                                  |                |                     |                                          | ✓                           |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Showing leadership in groups                                                  |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Seeking or offering support and help when needed                              |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
| RESPONSIBLE DECISION-MAKING <sup>6</sup>                                            | Standing up for the rights of others                                          |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Demonstrating curiosity and open-mindedness                                   |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Identifying solutions for personal and social problems                        |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Learning to make a reasoned judgment after analyzing information, data, facts |      |                               |                                  | ✓              |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
|                                                                                     | Anticipating and evaluating the consequences of one's actions                 |      |                               |                                  |                | ✓                   |                                          |                             |                                   |                           |               |                 |                  |         |  |
| Recognizing how critical thinking skills are useful both inside & outside of school |                                                                               |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
| Reflecting on one's role to promote personal, family, & community well-being        |                                                                               |      |                               |                                  |                |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |
| Evaluating personal, interpersonal, community, and institutional impacts            |                                                                               |      |                               |                                  | ✓              |                     |                                          |                             |                                   |                           |               |                 |                  |         |  |

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- "The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts."
- "The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations."
- "The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts."
- "The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups."
- "The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations."

| Purpose Prep K-5 Course: 5th Grade                                           |                                                                                     |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------|---------------------|---------------------|---------------------------------------|------------|---------------|-------------------|------------------------------|--------------------------------------------|------------------|------------------|-------------------------|------------|------------|--|
| Unit 1: Emotions & Relationships                                             |                                                                                     |                                                                   |                     |                     | Unit 2: Positive & Negative Influence |            |               |                   | Unit 3: Becoming Unstoppable |                                            |                  |                  |                         |            |            |  |
|                                                                              | Bullying                                                                            | Attitude                                                          | Being a Good Friend | Anger toward Others | Giving & Receiving Love               | Always Ask | Relationships | Protecting Others | Unsafe Secrets               | Being Realistic about Our Dreams and Goals | Values & Purpose | Being Optimistic | Healthy Decision-Making | Generosity | Leadership |  |
| <b>CASEL COMPETENCIES</b> <sup>1</sup>                                       | <b>SELF-AWARENESS</b> <sup>2</sup>                                                  | Integrating personal and social identities                        |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Identifying personal, cultural, and linguistic assets             |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Identifying one's emotions                                        |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Demonstrating honesty and integrity                               |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Linking feelings, values, and thoughts                            |                     |                     |                                       |            |               |                   |                              |                                            |                  | ✓                |                         |            |            |  |
|                                                                              |                                                                                     | Examining prejudices and biases                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  | ✓                       |            |            |  |
|                                                                              |                                                                                     | Experiencing self-efficacy                                        |                     |                     |                                       |            |               |                   |                              |                                            | ✓                |                  |                         |            |            |  |
|                                                                              |                                                                                     | Having a growth mindset                                           |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | Developing interests and a sense of purpose                                         |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | <b>SELF-MANAGEMENT</b> <sup>3</sup>                                                 | Managing one's emotions                                           |                     |                     | ✓                                     |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Identifying and using stress-management strategies                |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Exhibiting self-discipline and self-motivation                    |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Setting personal and collective goals                             |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Using planning and organizational skills                          |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Showing the courage to take initiative                            |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | <b>SOCIAL AWARENESS</b> <sup>4</sup>                                                | Demonstrating personal and collective agency                      |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Taking others' perspectives                                       |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Recognizing strengths in others                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Demonstrating empathy and compassion                              |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Showing concern for the feelings of others                        |                     |                     |                                       |            |               | ✓                 |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Understanding and expressing gratitude                            |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Identifying diverse social norms, including unjust ones           |                     |                     | ✓                                     |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | Recognizing situational demands and opportunities                                   |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | <b>RELATIONSHIP SKILLS</b> <sup>5</sup>                                             | Understanding the influences of organizations/systems on behavior |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         | ✓          |            |  |
|                                                                              |                                                                                     | Communicating effectively                                         |                     |                     |                                       |            |               | ✓                 |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Developing positive relationships                                 |                     |                     |                                       |            | ✓             |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              |                                                                                     | Demonstrating cultural competency                                 | ✓                   |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
| Practicing teamwork and collaborative problem-solving                        |                                                                                     |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
| Resolving conflicts constructively                                           |                                                                                     |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
| Resisting negative social pressure                                           |                                                                                     |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
| Showing leadership in groups                                                 |                                                                                     |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            | ✓          |  |
| Seeking or offering support and help when needed                             |                                                                                     |                                                                   |                     |                     |                                       |            |               |                   |                              | ✓                                          |                  |                  |                         | ✓          |            |  |
| <b>RESPONSIBLE DECISION-MAKING</b> <sup>6</sup>                              | Standing up for the rights of others                                                |                                                                   |                     |                     |                                       |            |               | ✓                 |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | Demonstrating curiosity and open-mindedness                                         |                                                                   | ✓                   |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | Identifying solutions for personal and social problems                              |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | Learning to make a reasoned judgment after analyzing information, data, facts       |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | Anticipating and evaluating the consequences of one's actions                       |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
|                                                                              | Recognizing how critical thinking skills are useful both inside & outside of school |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
| Reflecting on one's role to promote personal, family, & community well-being |                                                                                     |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |
| Evaluating personal, interpersonal, community, and institutional impacts     |                                                                                     |                                                                   |                     |                     |                                       |            |               |                   |                              |                                            |                  |                  |                         |            |            |  |

1. <https://casel.org/wp-content/uploads/2020/10/CASEL-SEL-Framework-10.2020-1.pdf>  
 2. "The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts."  
 3. "The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations."  
 4. "The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts."  
 5. "The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups."  
 6. "The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations."