



SEL Connections

SHE GOT GAME

Directions: Using the definitions on the second page, listen closely for examples of any of the 5 SEL Competencies during Jeannail Carter's interview.

SELF-AWARENESS

SELF-MANAGEMENT

SOCIAL AWARENESS

**RELATIONSHIP
SKILLS**

**RESPONSIBLE
DECISION MAKING**



SEL Definitions

SHE GOT GAME

Use the definitions of the SEL competencies below to help you complete the SEL Connections worksheet.

SELF-AWARENESS

Understanding your emotions and thoughts and how they influence your behavior.

Skills include: identifying emotions, self-perception, recognizing strengths, self-confidence, and self-efficacy.

SELF-MANAGEMENT

The ability to regulate your emotions and behaviors in different situations and to set and work toward goals.

Skills include: executive function and self-regulation, stress-management, and self-discipline.

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others.

Skills include: empathy, appreciating differences, and respect.

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and meaningful relationships with others.

Skills include: communicating clearly, listening, cooperation, resisting negative pressure, resolving conflicts, and supporting one another.

RESPONSIBLE DECISION MAKING

The ability to make positive choices and take responsibility for positive and negative outcomes.

Skills include: identifying problems, analyzing situations, solving problems, and reflection.