

Elementary Social Emotional Learning

Social Emotional Skills

Self-Awareness

	LOWER ELEMENTARY	MIDDLE ELEMENTARY	UPPER ELEMENTARY
AWARENESS OF EMOTIONS	I can name feelings I have and talk about what causes them.	I can use more complex words to describe how I'm feeling, including when I have more than one feeling at the same time.	I can make connections between my thoughts, feelings and actions.
PERSONAL QUALITIES	I can talk about things I like and don't like.	I can identify things I'm good at and things I'd like to be better at.	I can identify personal values and how they change.
SELF-EFFICACY	I can learn new things.	I can show confidence in myself when facing challenging things.	I can lead.

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SOCIAL AWARENESS

- I can describe ways that others are similar and different from me.
- I can think about how others are thinking and feeling.
- I can understand different people have different perspectives in situations.



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"I CAN" Standards

FAQ

Where do these come from?

CASEL (Collaborative for Academic Social and Emotional Learning) developed five core competencies for SEL and several states and school districts have created standards, benchmarks, and/or "I Can" statements for them. While the skills in this resource keep that work in mind, they are not aligned with any specific district or state. They are aligned to the CASEL competencies.

How can you use the skills lists?

The skills/standards lists are useful to counselors, social workers, deans, and other support team facilitators when discussing how individual students are progressing socially and emotionally. The lists are also useful when looking at grade levels as a whole to discuss which skills students are mastering versus which ones need more global teaching, modeling, and reinforcement.

How can you use the mini-posters?

Hang these wherever faculty, staff, and students can see them! For the adults, they are a helpful visual reminder of what skills they can be embedding and infusing into their instruction and daily interactions with students. For the students, they are empowering reminders of what they can and should be doing.

Lower Elementary Social Emotional Skills

Self-Awareness

I can name feelings I have and talk about what causes them.

I can talk about things I like and don't like.

I can learn new things.

Self-Management

I can name at least 1 thing I can do to calm myself down.

I can name good choices and bad choices.

I talk tell about hopes and dreams I have for myself.

Relationship Skills

I can share and take turns.

I can identify what friends do and do not do.

I can listen to others and use kind words when I am speaking.

Social Awareness

I can understand that other people are different than me and that's ok.

I can understand what someone else is feeling by looking at their face and body.

I can be respectful to others.

Responsible Decision Making

I can tell the difference between problems I can solve myself and problems I need an adult's help with.

I can understand and follow rules.

I can understand that I'm in control of my words and actions.

Social
Emotional
Skills

Self-Awareness

	LOWER ELEMENTARY	MIDDLE ELEMENTARY	UPPER ELEMENTARY
AWARENESS OF EMOTIONS	<p>I can name feelings I have and talk about what causes them.</p>	<p>I can use more complex words to describe how I'm feeling, including when I have more than one feeling at the same time.</p>	<p>I can make connections between my thoughts, feelings, and actions.</p>
PERSONAL QUALITIES	<p>I can talk about things I like and don't like.</p>	<p>I can identify things I'm good at and things I'd like to be better at.</p>	<p>I can identify my personal values and how they affect my choices.</p>
SELF-EFFICACY	<p>I can learn new things.</p>	<p>I can show confidence in myself when facing challenging things.</p>	<p>I can reflect on my learning to keep growing.</p>

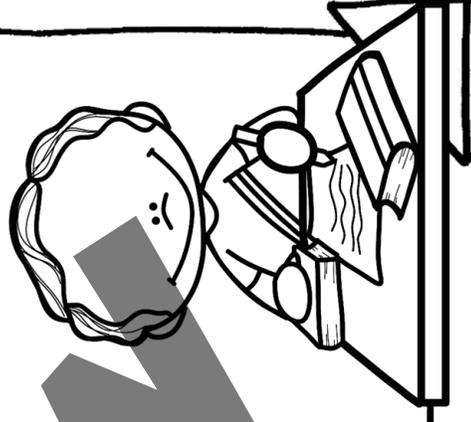
SOCIAL AWARENESS

- I can understand that other people are different than me and that's ok.
- I can understand what someone else is feeling by looking at their face and body.
- I can be respectful to others.



RESPONSIBLE DECISION MAKING

- I can identify many possible solutions to problems I might have.
- I can explain why it's important to treat others how you want to be treated.
- I can explain what it means to be responsible and take responsibility for my actions.



THE Responsive COUNSELOR



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been at my current school for 5 years now, providing a comprehensive school counseling program.

Philosophy

- I only sell resources that I create for my own students and use first with them!
- All of my work is rooted in evidence-based instructional, SEL, and/or therapeutic practices.
- My aim is to make things **effective** and **engaging** for wiggly learners and use wording accessible to underserved and EL populations.

Connect With Me!

