

# Social and Emotional Learning (SEL) Curriculum Map

\*Referencing Competencies at: [www.casel.org](http://www.casel.org)

Topic	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
	Topics Include Emotions, Accurate Self-Perceptions, Recognizing Strengths, Self-Confidence, Self-efficacy	Topics Include Impulse Control, Stress Management, Self-Discipline, Self-Motivation, Goal-Setting, Organization Skills	Topics Include Perspective Taking, Empathy, Appreciating Diversity, Respect for Others	Topics Include Communication, Social Engagement, Relationship-building, Teamwork	Topics Include Identifying Problems, Analyzing Situations, Solving Problems, Evaluating, Reflecting, Ethical Responsibility
Lesson Titles					
1	Let's Learn Our Emotions	I'm Learning About Impulse Control!	Can I understand social and ethical norms?	Listening vs. Speaking To Others. Having Open Communication.	I Choose My Behavior
2	What Do I See in Myself?	Managing Stress Keeps Me Healthy!	Perspective? What Does That Big Word Mean?	Learning What It Means to Be Constructive in Conflicts	Choosing To Put Myself in Good Situations in Social Interactions
3	I Have Strengths. Yes I do!	Self Discipline Shows I'm in Control	Let's Practice Empathy..	Why It's Important to Build Positive Relationships	Learning Steps to Effective Problem Solving
4	What Do I Value & How Does It Influence My Behavior?	I'm Motivating Myself To Push Forward!	Diversity Helps Me Understand Others..	Be Strong! Resist Social Pressures	How Poor Decisions Can Be Harmful/Unsafe
5	Now Serving: Boundaries and Limitations	Goal-Setting Helps Me Be My Best!	Respecting Others Means Respecting Myself	Being in a Team vs. Being in a Group	Ethically Considering Others
6	An Optimistic "Growth Mindset" is Key!	Let's Talk Organization...		Stepping Out Of Your Social Comfort Zone	