California Transformative Social and Emotional Learning (T-SEL) Competencies

Self-Awareness: Early Elementary

Identity	A	Students name their personal characteristics and life experiences and have an increasingly accurate basic sense of self. Students are aware of their own likes and dislikes. 1.A.1
	B	Students recognize, label, and understand basic emotions in themselves and know that more than one emotion can be experienced at once. Students are aware of how emotions can affect their body. 1.B.1
	C	Students name people, places, and ideas that are important to them. Students can describe their own family traditions. 1.C.1
Belonging	D	Students understand acceptance versus exclusion and how they help or harm others. 1.D.1
	E	Students identify ways to help and practice helping others at school, home, and other settings. 1.E.1
Agency	F	Students reflect on experiences as the causes of certain emotions. Students recognize the purpose of emotions and name simple ways their emotions influence their decisions and behavior. 1.F.1
	G	Students are aware of, and distinguish between, their wants and needs. Students can name their strengths such as skills, knowledge, or talents. 1.G.1
	H	Students believe in their capacity to learn and that they are capable, important community members. Students practice having an optimistic outlook. 1.H.1