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

Self-Awareness: Late Elementary

Identity	A	Students understand how some aspects of their personal and social identity can change over time and be shaped by themselves, others, and their experiences. Students show confidence and pride in their identity without needing to feel superior to others. 1.A.2
	B	Students recognize the intensity of their emotions and can name increasingly complex emotions. Students identify when they feel stressed or anxious. 1.B.2
	C	Students articulate their beliefs about topics that are important to them, their family, and their learning community. 1.C.2
Belonging	D	Students are able to reflect on their own experiences of inclusion and exclusion and of being excluded and excluding others. 1.D.2
	E	Students describe their roles and contributions in the different settings in which they participate. Students identify characteristics and habits they have and how they may affect others in their learning community. 1.E.2
Agency	F	Students recognize how their emotions are information they can choose to harness and use. Students understand that there are no “bad” emotions and that their feeling states can be changed intentionally. 1.F.2
	G	Students articulate their needs in constructive ways. Students begin to develop a sense of personal purpose and feel that their lives are important and meaningful. 1.G.2
	H	Students are more accurate in their perceptions and gain confidence in their own thoughts and well-founded opinions but are open to trying and listening to new and different ideas. 1.H.2