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

Self-Management: Early Elementary

Identity	A	Students practice noticing their emotions, where they experience them in their bodies, and using those signs to choose strategies to express feelings in helpful ways. Students practice strategies that help them to sustain joy and feel calmer, patient, focused and energized. 2.A.1
	B	Students identify situations and relationships that calm them. Students understand and begin to practice how to be physically healthy in ways that are within their control. 2.B.1
	C	Students identify and practice strategies they have used or can use to stay hopeful and "bounce back" from challenges. 2.C.1
Belonging	D	Students understand the purpose of feedback and can listen to and accept simple, constructive feedback. 2.D.1
	E	Students understand and practice maintaining others' stated emotional and physical boundaries. 2.E.1
Agency	F	Students identify personal and collective goals and name simple steps to achieve them. 2.F.1
	G	Students begin practicing self-monitoring thoughts and actions and asking for help to stay motivated and focused. Students are aware of their body during active listening. Students are able to identify when they are focused and paying attention. 2.G.1
	H	Students keep their spaces and belongings organized with guidance. 2.H.1