Washington Social Emotional Learning

K-12

Self-Awareness: Individual has the ability to identify their emotions, personal assets, areas for growth, and potential external resources and supports. SA	**1A**	**Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior.** SA1A
	1B	**Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.** SA1B
	1C	**Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.** SA1C
Self-Management: Individual has the ability to regulate emotions, thoughts, and behaviors. SM	**2A**	**Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.** SM2A
	2B	**Demonstrates responsible decision-making and problem-solving skills.** SM2B
Self-Efficacy: Individual has the ability to motivate themselves, persevere, and see themselves as capable. SE	**3A**	**Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.** SE3A
	3B	**Demonstrates problem-solving skills to engage responsibly in a variety of situations.** SE3B
	3C	**Demonstrate awareness and ability to speak on behalf of personal rights and advocacy.** SE3C
Social Awareness: Individual has the ability to take the perspective of and empathize with others from diverse backgrounds and cultures. SA4	**4A**	**Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities.** SA4A
	4B	**Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.** SA4B
	4C	**Demonstrates an understanding of the variation within and across cultures.** SA4C
Social Management: Individual has the ability to make safe and constructive choices about personal behavior an	**5A**	**Demonstrates a range of communication and social skills to interact effectively with others.** SM5A
	5B	**Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.** SM5B
int		**Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and**

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	ability. SM5C
Social Engagement: Individual has the ability to consider others and show a desire to contribute to the well-being of school and community. SE6	**6A** **Demonstrates a sense of school and community responsibility.** SE6A
	6B **Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals.** SE6B
	6C **Contributes productively to one's school, workplace, and community.** SE6C