Wisconsin Social and Emotional Learning Competencies

4th-5th

EMOTIONAL DEVELOPMENT

Understand and manage one's emotions

1 Self-Awareness: Learners will be able to recognize and label a variety of complex emotions in self and others. 4-5.1

2 Self-Management: Learners will be able to express their emotions to self and others in respectful ways. 4-5.2

3 Self-Management: Learners will be able to, with minimal adult guidance, manage emotions (e.g., stress, impulses, motivation) in a manner sensitive to self and others. 4-5.3

4 Focus Attention: Learners will be able to, with adult guidance, use organizational skills and strategies to focus attention in order to work toward personal and academic goals. 4-5.4

5 Social Awareness: Learners will be able to identify others' need for empathy and respond in respectful ways. 4-5.5

6 Social Awareness: Learners will be able to use perspective-taking to predict how their own behavior affects the emotions of others. 4-5.6

SELF-CONCEPT

Develop positive self-identity and recognize self as a lifelong learner

7 Self-Awareness: Learners will be able to use a "growth mind set" in order to recognize and build on their strengths. 4-5.7

8 Self-Awareness: Learners will be able to reflect on similarities and differences between their personal beliefs and those of others. 4-5.8

9 Self-Awareness and Social-Awareness: Learners will be able to identify their role in their family and community and how those roles impact their identity. 4-5.9

10 Self-Management: Learners will be able to assess their level of engagement in their own learning for the achievement of personal goals. 4-5.10

11 Self-Awareness and Self-Management: Learners will be able to identify strategies to persist and maintain motivation when working toward short- and longterm goals. 4-5.11

SOCIAL COMPETENCE

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large

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12 Social Awareness: Learners will be able to appreciate diversity by recognizing multiple points of view and perspectives of others across cultural and social groups. 4-5.12

13 Social Awareness: Learners will be able to build relationships between diverse groups of people. 4-5.13

14 Social Awareness: Learners will be able to demonstrate respect for others by discussing how stereotypes affect self and others. 4-5.14

15 Relationship Skills: Learners will be able to, with adult guidance, recognize, establish, and maintain healthy and rewarding relationships. 4-5.15

16 Relationship Skills: Learners will be able to effectively communicate clearly, listen well, and cooperate with others to build healthy relationships. 4-5.16

17 Relationship Skills: Learners will be able to independently adapt behavior based upon peer feedback and environmental cues. 4-5.17

18 Relationship Skills: Learners will be able to work cooperatively and productively in a group to accomplish a set goal. 4-5.18

19 Relationship Skills: Learners will be able to identify cause and effect of a conflict. 4-5.19

20 Decision Making: Learners will be able to make constructive choices about personal behavior and social interaction in order to evaluate the consequences of various actions with consideration of well-being for oneself and others. 4-5.20

21 Social Awareness: Learners will be able to identify and respect social norms for behavior and safe interactions across different settings. 4-5.21

22 Decision Making and Relationship Skills: Learners will be able to honor social norms with respect to safety of oneself and others. 4-5.22

23 Social Awareness and Relationship Skills: Learners will be able to identify when and how to offer help to others. 4-5.23

24 Decision Making, Social Awareness, adn Relationship Skills 4-5.24