

SEL Skills

Self-Awareness: “The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose” (CASEL, 2020).

Self-Management: “The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals” (CASEL, 2020).

Responsible Decision-Making: “The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being” (CASEL, 2020).

Relationship Skills: “The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed” (CASEL, 2020).

Social Awareness: “The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports” (CASEL, 2020).

MBL Skills

→ **Mindful Self-Connection** takes the skills of identifying, understanding, and recognizing self-awareness; builds the capacity to attune to the inner experience in the present moment; and allows a deeper connection with the heart, body, and mind. It supports the individual to take intentional action with integrity.

→ **Mindful Self-Regulation** expands from identifying and managing emotions, thoughts, and behaviors into integrating proactive practices to regulate the nervous system. This increases intentional responses to unexpected and emotionally charged experiences, strengthens resilience, and invites the opportunity for co-regulation with others.

→ **Mindful Decision-Making** ensures caring and constructive choices are made with presence and intentionality. It is rooted in maintaining self-connection while making decisions that positively impact the self and the community.

→ **Mindful Social Connection** nurtures relationship skills and social awareness through mindful self-connection, self-regulation, and decision-making. It increases the capacity for interconnectedness, curiosity, and compassion as mindful global citizens.

