



3-5

SEL SKILLS

SELf Success includes a summary of various skill sets¹. This curriculum also integrates math and science skills into learning SEL.

Here is the range of skills that are included and developed in this curriculum:

Math skills	<ul style="list-style-type: none"> ● Counting and cardinality: Demonstrating the ability to count, order, and compare numbers. ● Operations and algebraic thinking: Understand addition and subtraction concepts and solve basic word problems. ● Measurement and data: Exploring attributes, compare objects, understand basic units of measurement, and tell time ● Geometry: Recognizing and describing shapes and their attributes.
Decision-making skills	<ul style="list-style-type: none"> ● Analyzing information, data, and facts ● Identifying solutions for problems ● Using critical thinking skills ● Linking consequences to choices ● Demonstrating curiosity and open-mindedness ● Demonstrating honesty, integrity, and fairness
Feelings identification skills	<ul style="list-style-type: none"> ● Identifying different emotions ● Distinguishing between emotions ● Defining emotions ● Recognizing emotions in self and others ● Bring curious and open to emotions
Relationship skills	<ul style="list-style-type: none"> ● Making and maintaining trusting, respectful and healthy friendships and relationships ● Embodying kindness, empathy and gratitude ● Listening actively ● Communicating clearly and effectively ● Practicing solution focused problem-solving and creating positive outcomes

¹ Adapted from the [CASEL](#) model and resources included in the [California Department of Education](#)



	<ul style="list-style-type: none"> ● Demonstrating cultural sensitivity ● Navigating conflict with humility and restorative practices ● Learning to advocate for self and others ● Identifying and withstanding negative social pressure ● Contributing positively and productively in groups ● Standing up for the rights of others ● Showcasing leadership skills
Problem solving skills	<ul style="list-style-type: none"> ● Identifying the problem ● Determining the possible causes of the problem ● Identifying possible solutions ● Choosing a solution ● Implementing a solution
Self-awareness skills	<ul style="list-style-type: none"> ● Awareness and identification of one's emotions ● Connecting and understanding one's feelings and thoughts ● Demonstrating honesty and integrity ● Identifying strengths ● Developing interests and passions ● Embodying a growth mindset and self-efficacy ● Openness to examining prejudices and biases ● Reflecting on one's community contributions
Self-management skills	<ul style="list-style-type: none"> ● Identifying and implementing self care strategies, including self-regulation and stress management skills ● Managing one's emotions ● Demonstrating self-motivation and self-discipline skills ● Setting and achieving personal goals ● Applying planning and organizational skills ● Cultivating and expanding resilience
Social awareness skills	<ul style="list-style-type: none"> ● Recognizing strengths in self and others ● Identifying feelings in self and others ● Demonstrating empathy and compassion ● Understanding others' perspectives ● Showing curiosity to learn about self and others ● Expressing concern for others



	<ul style="list-style-type: none">● Identifying and understanding cultural and social norms
Science skills	<ul style="list-style-type: none">● Obtaining, evaluating, and communicating information● Planning and carrying out investigations● Analyzing and interpreting data● Define a simple problem that can be solved through the development of a new or improved tool