Feeling overwhelmed by the upcoming election? SEL Can Help Series

Activity 4: Connecting it all to the 2024 Election (SEL Core Competency: Relationship Skills)

Directions: After identifying your core values and determining how they show up in your own life and societal systems, explore how your core values can and/or do show up within candidates' campaigns at the local, state, and national levels. For each candidate, reflect on the questions across the top row of the table and capture your thoughts in the open spaces.

Write Candidate Names in the column below	Potential Elected Position	How do you see, hear or experience this candidate's campaign aligning with your core values?	How do you see, hear or experience this candidate's campaign potentially not aligning with your core values?	What does this candidate believe/say about societal systems (economy, healthcare, education, other)? How does this align with your responses to Activity 3?	What additional questions or wonderings do you have for this candidate to determine if they share some or all of your core values?