

# REGION 5 SEL FOCUS SKILLS GUIDE

Social and emotional learning (SEL) and development has become an essential component of expanded learning programs. Some of the things you already do foster social and emotional learning like doing daily check-ins, designing calming corners, guiding stress-management techniques, celebrating students’ unique skills and abilities, and creating a safe space for students to learn and grow into the young people they strive to be. You design opportunities for students to actively and thoughtfully develop healthy practices and a happier life.

To support you with your work, Region 5 Expanded Learning Partnerships and Every Monday Matters, a non-profit organization whose mission is to help everyone understanding how much and why they matter, have designed easy-to-use lessons with meaningful activities that support the development of the five social and emotional learning competencies: self-awareness, self-management, responsible decision-making, relationship skills, and social awareness.

**THIS GUIDE WILL TAKE YOU THROUGH BRIEF EXPLANATIONS OF:**

- CASEL’s 5 Social and Emotional Learning (SEL) Competencies
- Region 5’s SEL Focus Skills
- How Every Monday Matters’ SEL integrated lessons fosters Region 5’s SEL Focus Skills

**AT THE END OF THIS GUIDE YOU WILL FIND:**

- A link to the Getting Started with the Region 5 Focus Skills Tools’ video
- A link to the Region 5 Focus Skills Tools and Resources digital folder

**LET’S MAKE SOCIAL AND EMOTIONAL LEARNING MATTER!**

## SOCIAL AND EMOTIONAL LEARNING (SEL) CORE COMPETENCIES

There are five interrelated core competencies or main skills that the Collaborative for Academic, Social, and Emotional Learning (CASEL) has identified to be essential to the healthy development and growth of youth and young people.

The five core competencies are:

- **SELF-AWARENESS**  
The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.
- **SELF-MANAGEMENT**  
The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
- **RESPONSIBLE DECISION-MAKING**  
The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
- **RELATIONSHIP SKILLS**  
The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
- **SOCIAL AWARENESS**  
The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.





# HOW STUDENTS SHOW THE SEL COMPETENCIES

## SELF-AWARENESS

Students are able to identify the feeling or emotion they are experiencing. Students understand how their feelings influence their behavior and what situations may cause certain reactions. Students recognize that even though they make mistakes or fail at something, their mindset can help them achieve what they set out to do.

## SELF-MANAGEMENT

Students use self-monitoring (self-talk) and reflective thinking to manage emotions. Students use techniques to manage their impulses and stress. Students set goals and actively take steps to achieve them.

## RESPONSIBLE DECISION-MAKING

Students are able to assess and distinguish between healthy and unhealthy choices. Students engage in socially appropriate behaviors in different situations and thoughtfully make decisions that positively contribute to creating a healthy place for themselves and others.

## RELATIONSHIP SKILLS

Students are able to communicate effectively and use active listening to help and support others. Students create and take opportunities to connect to and collaborate with others and students use their abilities to encourage, empower, and affirm others.

## SOCIAL AWARENESS

Students recognize that everyone experiences things differently and how their past experiences, backgrounds, and cultural heritage can influence those moments. Students are able to express empathy and demonstrate compassion for others. Students understand that they have the skills, abilities, and capacity to contribute to their community in positive and healthy ways.

To learn more about the development of CASEL Framework and view additional information:

[CLICK HERE](#)

# REGION 5's SEL FOCUS SKILLS

Each SEL competency encompasses a range of skills. Region 5 has identified a specific skill within each competency to make the competency accessible and achievable.



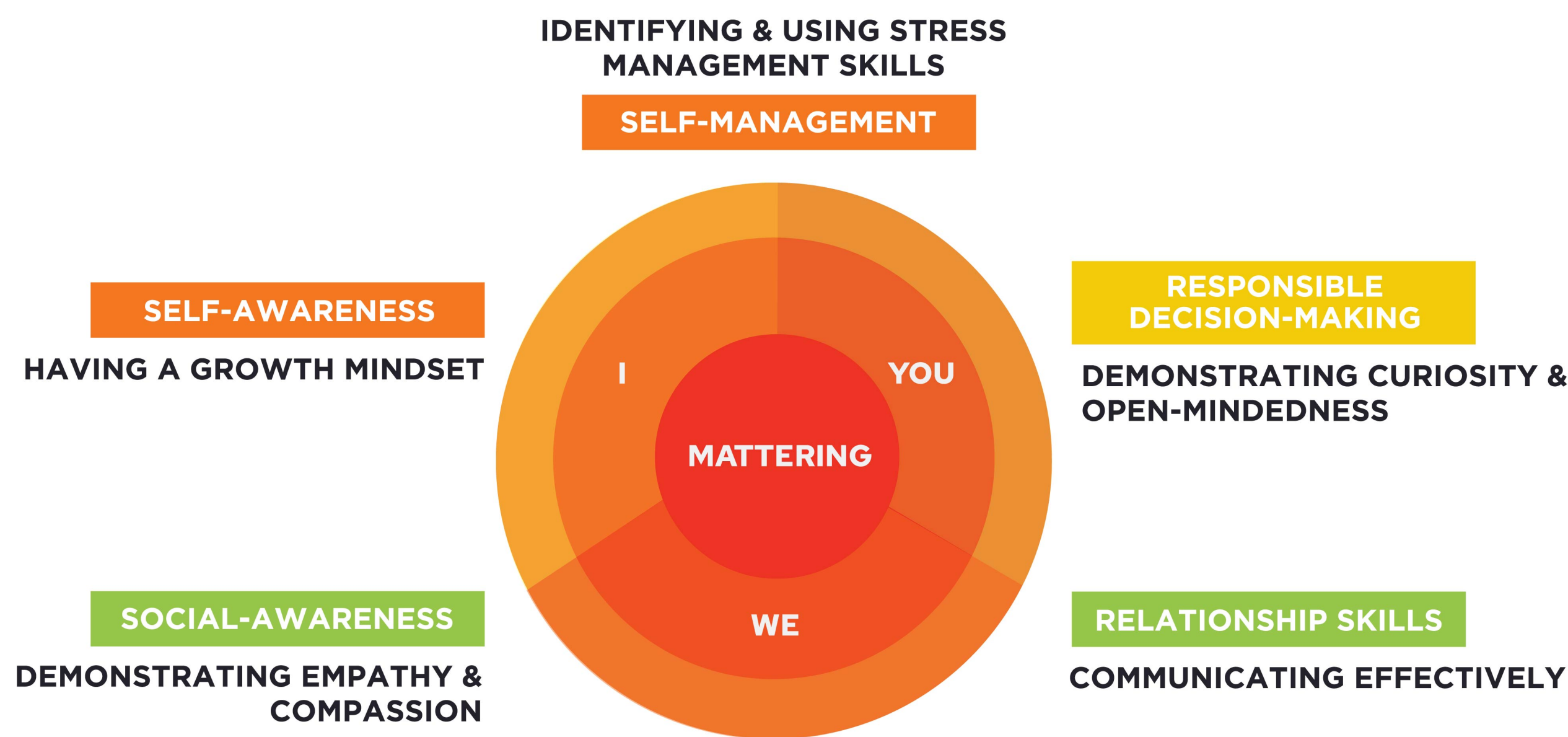


# EVERY MONDAY MATTERS (EMM) – AN INTEGRATED SEL APPROACH

EMM’s Mattering Mindset™ aligns directly with the 5 SEL competencies. It provides a pathway for you to help students connect to the importance of the competencies.

- **I MATTER**  
I am here for a reason and choose to embrace who I am and who I want to become.
- **YOU MATTER**  
I understand how I impact others and choose to accept, empower, and value them.
- **WE MATTER**  
I am part of something bigger and choose to contribute to the greater good.

By actively teaching the focus skills, not only are you helping students develop that skill and fostering the SEL competencies, you are creating opportunities for students to understand how much and why they matter.



## EMM LESSONS

EMM K-12/Region 5 SEL Focus Skill lessons can be used as stand-alone activities, a regular weekly practice, or as an engagement that enhances your program’s existing SEL curriculum.

- **WEEKLY LAUNCH LESSONS**  
Introduce students to the lesson’s theme and strategy and makes connections to the SEL competency.
- **I MATTER LESSONS**  
Provide students an opportunity to use their self-awareness and self-management skills, foster a growth mindset, and develop stress-management techniques that help them achieve their goals and become the person they strive to be.
- **YOU MATTER LESSONS**  
Take students through thoughtful activities that engage in responsible decision-making and relationship skills and empower them to be curious, open-minded, and communicate effectively so they can support and celebrate the people around them.
- **WE MATTER LESSONS**  
Invite students to use their social awareness to recognize how each of them has unique skills, abilities, backgrounds, and experiences to serve their community with empathy and compassion and work together to create a healthy and safe place for everyone.



# GETTING STARTED

There is a Region 5 SEL Focus Skill Tool (PDF) for each grade level group group (TK-2nd, 3rd-5th, 6-th-8th, and 9th-12th) and SEL competency with active links to correlating EMM lessons.

- 1. **EVALUATE**  
Evaluate which SEL competency your students may need or start with Self-Awareness – Having a Growth Mindset.
- 2. **REVIEW**  
Review the SEL Competency Focus Skill lesson options.
- 3. **SELECT**  
Select an EMM themed lesson to teach.
- 4. **TEACH**  
Teach the EMM lesson and provide time for students to reflect and practice.
- 5. **CONTINUE**  
Continue to build students’ skills and reinforce learning by integrating SEL best practices.

**SAMPLE:**

**SEL Need:** Social Awareness  
**Region 5 SEL Focus Skill:** Demonstrating Empathy and Compassion  
**EMM Themed Module and Lesson:** Monday Gets Understanding – Build Bridges – We Matter: Stand Together

**Additional Social-Awareness best practice:** Check-In Buddies – partner students together to share something that went well and not-so-well that day. Guide students to actively listen and ask thoughtful questions.

# LET’S DO THIS TOGETHER

As expanded learning program staff, caregivers, and advocates for youth and young people, there are practices and routines you already do that naturally foster social and emotional learning. Together, we can provide more meaningful opportunities for students to understand their emotions and feelings, make responsible choices, develop a growth mindset, support one another, and contribute to creating a healthy community.

Let’s be intentional. Let’s design safe and healthy spaces for youth and young people to learn and grow. Let’s make social and emotional learning matter.

Click on the links below to access the REGION 5 SEL FOCUS SKILLS resources:

GETTING STARTED VIDEO

REGION 5 SEL FOCUS SKILLS TOOLS