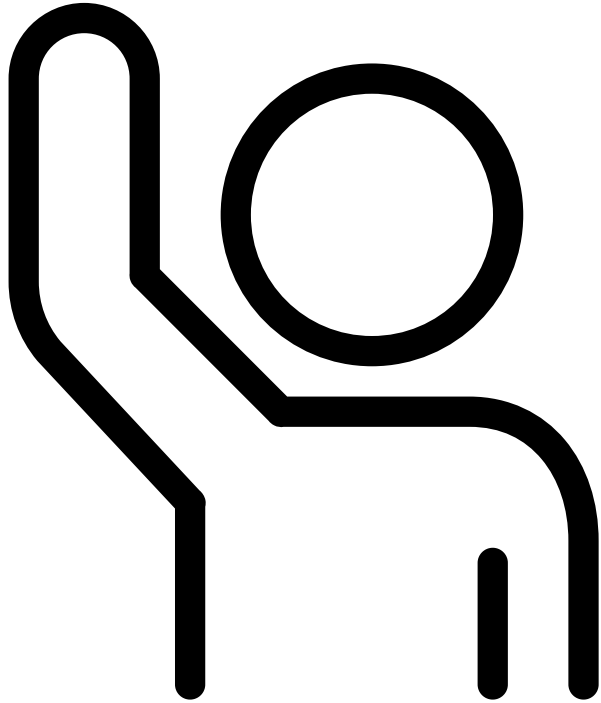
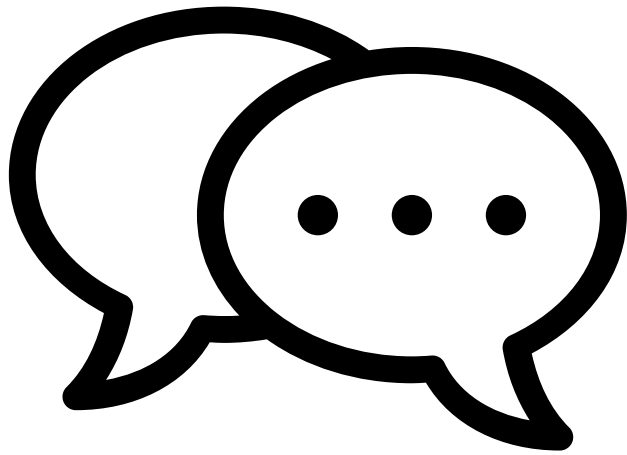


# Assertiveness



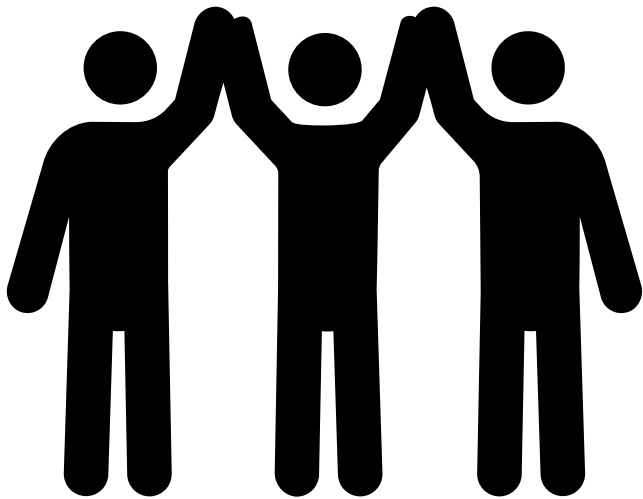
Being Confident.  
Standing up for ourselves and  
others without hurting the  
feelings of others.

# Communicating Effectively



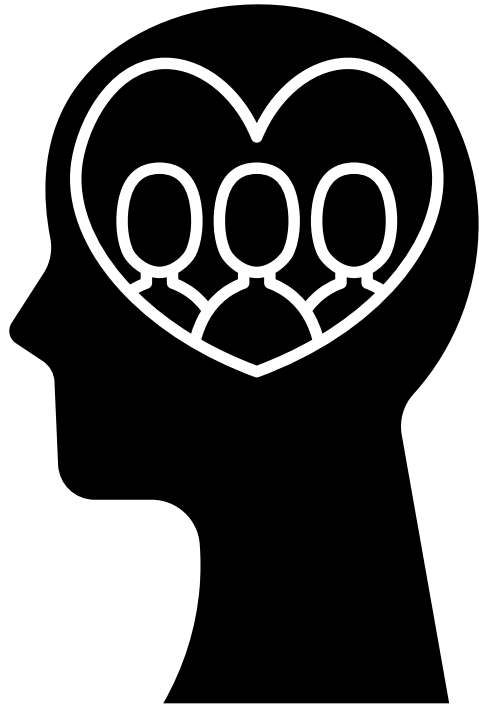
Listening, thinking, and speaking clearly and carefully so that we can all do our best learning.

# Cooperation/ Teamwork



Working together towards the  
same goal.

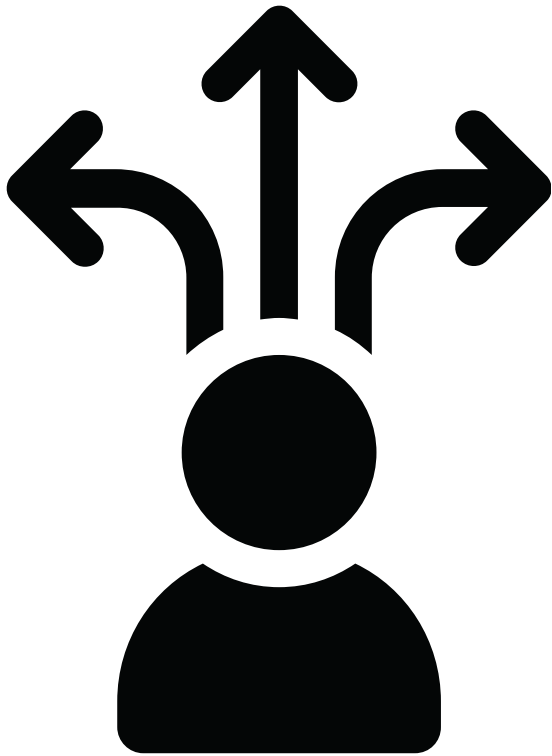
# Empathy



Understanding how someone else is feeling, and trying to imagine what it would be like to be in their situation.

Seeing something from another's perspective by "standing/walking in someone else's shoes".

# Flexibility



Thinking about problems in a new or different way. Being open-minded to try new things, ideas, and perspectives helps us to react to the unexpected positively.

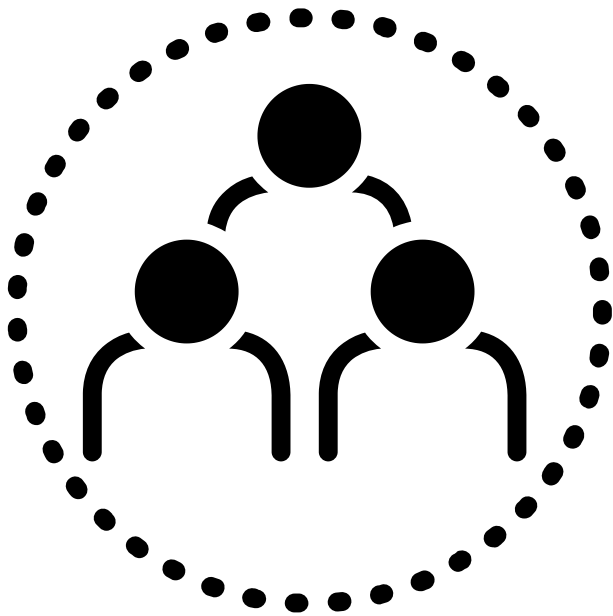
# Growth Mindset



Understanding how our brains work and believing in the power of myself to learn new/hard things.

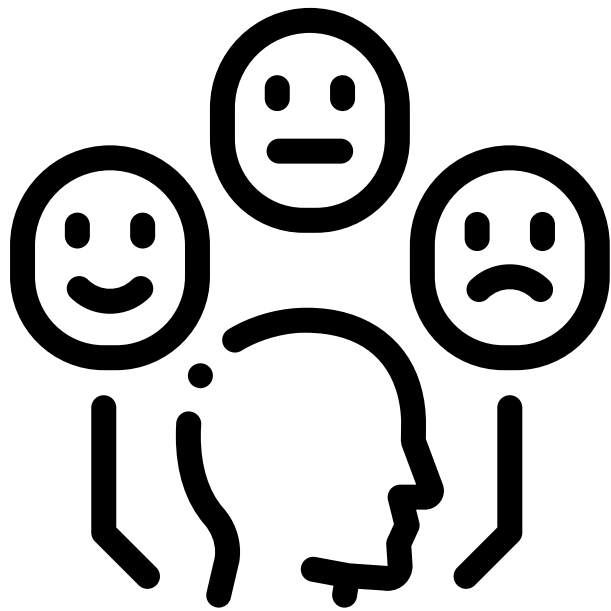
Believing that mistakes are a great way to learn.

# Including Others



Getting to know others and  
accepting everyone.

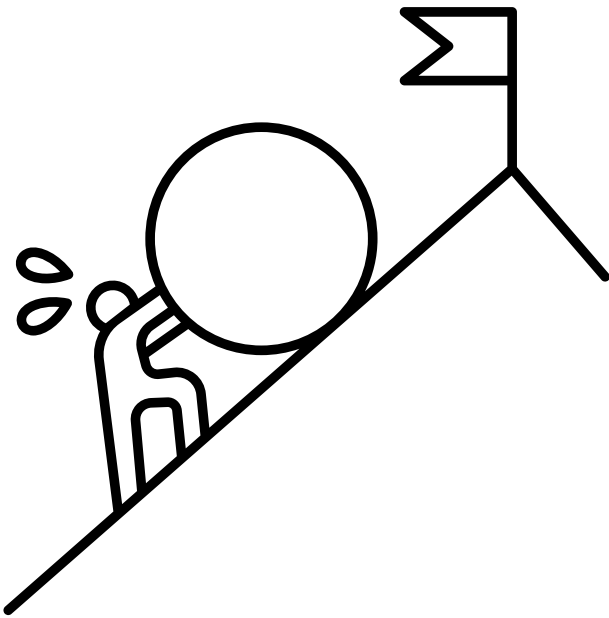
# Managing Emotions



Knowing how we feel,  
understanding what makes us  
feel this way, and using  
strategies that help us to be  
our best.

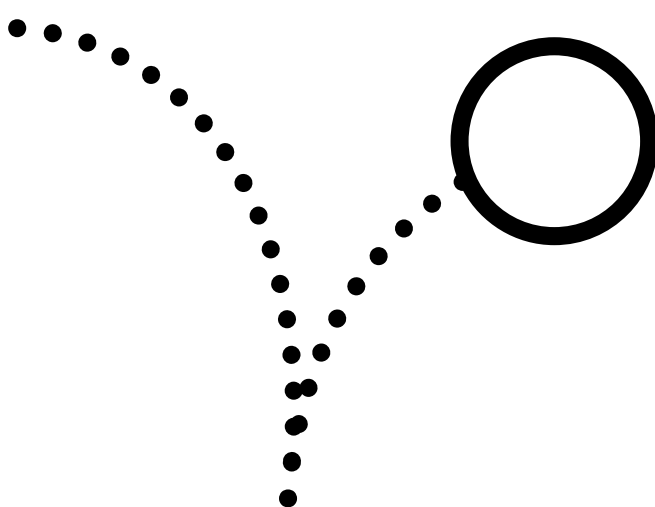


# Persistence



Sticking with something even  
when it  
is hard.  
Not giving up!

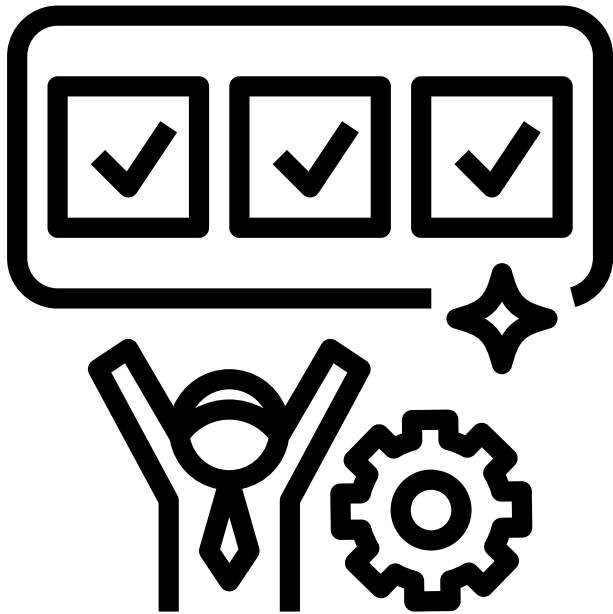
# Resilience



Being able to 'bounce back'  
after challenges or hard  
things.

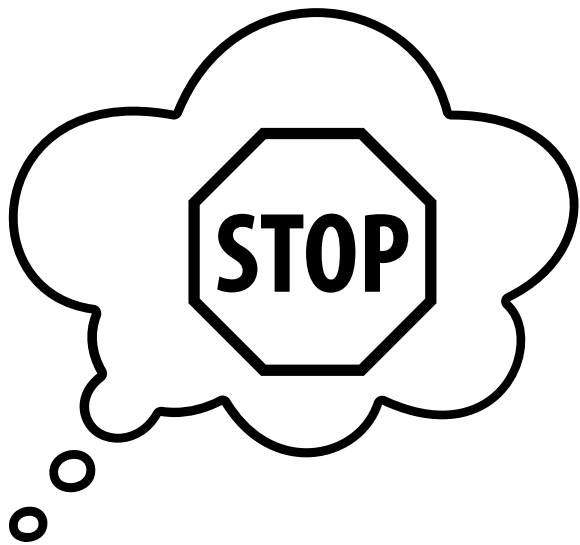
Being willing to grow and  
learn from setbacks or  
mistakes.

# Responsibility



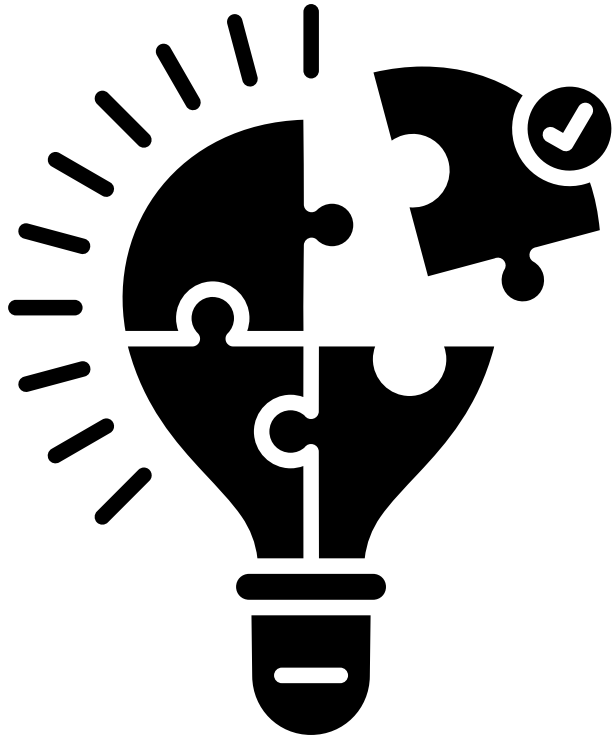
Doing the things that we are supposed to do for the success of ourselves and others.

# Self Control
















Slowing down our bodies and brains and thinking before acting and speaking. Being the 'boss of our bodies'.

# Problem-Solving




























Thinking differently to come up with a way to fix a problem.

# Social Emotional Learning Skills - Student Friendly Definitions

SEL SKILL	DEFINITION
 <b>Assertiveness</b>	Being confident. Standing up for ourselves and others without hurting the feelings of others.
 <b>Communicating Effectively</b>	Listening, thinking and speaking clearly and carefully so that we can all do our best learning together.
 <b>Cooperation/Teamwork</b>	Working together towards the same goal.
 <b>Empathy</b>	Understanding how someone else is feeling, and trying to imagine what it might be like to be in their situation. Seeing something from another's perspective by "standing/walking in someone else's shoes".
 <b>Flexibility</b>	Thinking about problems in a new or different way. Being open-minded to try new things, ideas and perspectives helps us to react to the unexpected positively.
 <b>Growth Mindset</b>	Understanding how our brains work and believing in the power of myself to learn new or hard things. Believing that mistakes are a great way to learn.
 <b>Including Others</b>	Getting to know others and accepting everyone.
 <b>Managing Emotions</b>	Knowing how we feel, understanding what makes us feel this way, and using strategies that help us to be our best selves.
 <b>Persistence</b>	Sticking with something even when it is hard. Not giving up!
 <b>Resilience</b>	Being able to bounce back after challenges or hard things. Being willing to grow and learn from setbacks or mistakes.
 <b>Responsibility</b>	Doing the things that we are supposed to do for the success of ourselves and others.
 <b>Self Control</b>	Slowing down our bodies and brains and thinking before acting and speaking. Being the 'boss of our bodies'.
 <b>Problem-Solving</b>	Thinking differently to come up with a way to fix a problem.

# Social Emotional Learning Skills

TAKE CARE OF MYSELF	TAKE CARE OF OTHERS	TAKE CARE OF OUR CLASSROOM
 Assertiveness	 Assertiveness	 Assertiveness
 Communicating Effectively	 Communicating Effectively	 Communicating Effectively
 Cooperation/Teamwork	 Cooperation/Teamwork	 Cooperation/Teamwork
 Flexibility	 Empathy	 Responsibility
 Growth Mindset	 Including Others	 Problem-Solving
 Including Others	 Managing Emotions	
 Managing Emotions	 Responsibility	
 Persistence	 Problem-Solving	
 Resilience		
 Responsibility		
 Self Control		
 Problem-Solving		

# Take Care of Myself



- Focus on my learning
- Be the boss of my body
- Manage my emotions

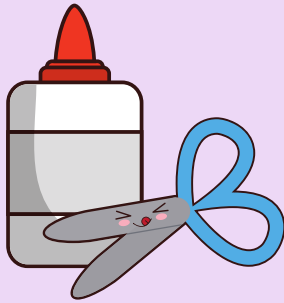


# Take Care of Others



- Use kind words
- Help others
- Include others

# Take Care of Our Classroom



- Keep the classroom clean
- Take care of materials