

California

CASEL Competencies



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 Competency	In Focus Lessons
Identity	• Self Awareness • Celebrating My Strengths • Self-Efficacy • Emotional Awareness • Character Traits • Self-Compassion
Belonging	• Connection • Strengths of Others • Kindness & Friendship • Bully Prevention • Empathy • Respect for Others • Collaboration • Leadership • Positive Peer Impact • Making a Difference
Agency	• Emotional Regulation • Managing Stress • Coping Strategies • Maslow's Pyramid • Well-Being • Conditions of Well-Being • Personal Excellence • Motivation • Growth Mindset • Resilience & Perseverance

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SELF-MANAGEMENT: The abilities to harness 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 Competency	In Focus Lessons
Identity	• Emotional Awareness • Emotional Regulation • Managing Stress • Coping Strategies • Connection • Self-Care & Hygiene • Nutrition • Exercise • Happiness
Belonging	• Communication • Empathy • Respecting Personal Space • Respect for Others • Physical Safety • Psychological Safety • Conflict Resolution
Agency	• Goal Setting • Motivation • Self-Efficacy • Growth Mindset • Resilience & Perseverance • Time Management • Organization • Executive Function • Test Preparation

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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 and practices to feel compassion for others; understand broader historical, cultural, and social norms for behavior in different settings; and recognize family, school, and community resources and supports.

CASEL Competency	In Focus Lessons
Identity	• Self Awareness • Strengths of Others • Empathy • Perspective Taking • Respect for Others • Emotional Awareness • Active Listening
Belonging	• Connection • Kindness & Friendship • Communication • Respect for Others • Conflict Resolution • Strengths of Others • Positive Peer Impact • Civic Roles
Agency	• Collaboration • Respecting Personal Space • Power of Words • Perspective Taking • Bully Prevention • Honesty & Integrity • Responsibility • Leadership • Making a Difference

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RELATIONSHIP SKILLS: The abilities to establish, maintain, and restore healthy and supportive relationships and to effectively navigate settings with differing social and cultural demands and opportunities among individuals and diverse groups. This includes the capacity to use restorative practices to reflect on the impact of their words and actions and to repair and heal relationships with others.

CASEL Competency	In Focus Lessons
Identity	• Choices & Consequences • Positive Peer Impact • Character Traits • Leadership • Lifelong Learning
Belonging	• Kindness & Friendship • Gratitude • Connection • Honesty & Integrity • Empathy • Communication • Active Listening • Respect for Others • Perspective Taking • Digital Citizenship • Feedback
Agency	• Problem Solving • Conflict Resolution • Collaboration • Courage • Responsibility • Power of Words • Bully Prevention • Making a Difference

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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 Competency	In Focus Lessons
Identity	• Connection • Lifelong Learning • Deep Learning • Critical Thinking • Perspective Taking • Embracing Change • Navigating Uncertainty • Honesty & Integrity • Civic Roles • Problem Solving
Belonging	• Physical Safety • Psychological Safety • Respecting Personal Space • Bully Prevention • Mind & Body Drug Free • Choices & Consequences • Self-Care & Hygiene • Civic Roles • Making a Difference
Agency	• Critical Thinking • Choices & Consequences • Digital Citizenship • Goal Setting • Character Traits