

Delaware

Social Emotional Learning 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.

SEL Competency	In Focus Lessons
1A. Demonstrate an awareness of one's own emotions .	• Emotional Awareness • Emotional Regulation • Happiness • Gratitude • Self-Compassion • Managing Stress
1B. Demonstrate an awareness of personal qualities and interests .	• Self Awareness • Celebrating My Strengths • Personal Excellence • Character Traits • Lifelong Learning • Deep Learning
1C. Demonstrate an awareness of one's own strengths and opportunities for growth .	• Growth Mindset • Celebrating My Strengths • Goal Setting • Feedback
1D. Demonstrate a sense of personal responsibility and advocacy .	• Responsibility • Physical Safety • Psychological Safety • Organization • Time Management • Executive Function • Self-Care & Hygiene
1E. Identify external and community resources and supports .	• Maslow's Pyramid • Connection • Well-Being • Conditions of Well-Being • Communication

Delaware

SEL Competencies & Health Education Standards



SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacity to delay gratification, manage stress, feel motivation, and agency to accomplish personal and collective goals.

SEL Competency	In Focus Lessons
2A. Understand and use strategies for managing one's own emotions and behaviors constructively.	• Emotional Awareness • Emotional Regulation • Managing Stress • Coping Strategies • Communication • Connection • Problem Solving • Choices & Consequences • Nutrition • Exercise • Self-Care & Hygiene • Resilience & Perseverance • Responsibility
2B. Set, monitor, adapt, and evaluate one's own goals to achieve success in school and life.	• Goal Setting • Motivation • Self-Efficacy • Growth Mindset • Embracing Change • Navigating Uncertainty • Feedback • Time Management • Organization • Executive Function • Resilience & Perseverance • Lifelong Learning

Delaware

SEL Competencies & Health Education Standards



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

SEL Competency	In Focus Lessons
3A. Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues.	• Empathy • Perspective Taking • Active Listening • Power of Words • Communication • Choices & Consequences • Respect for Others • Respecting Personal Space • Maslow's Pyramid • Well-Being • Kindness & Friendship
3B. Exhibit civic responsibility in multiple settings.	• Civic Roles • Courage • Making a Difference • Leadership • Positive Peer Impact • Choices & Consequences • Collaboration • Problem Solving
3C. Demonstrate an awareness of and respect for human dignity , including culture and differences.	• Respect for Others • Perspective Taking • Self Awareness • Strengths of Others • Empathy • Gratitude • Bully Prevention • Power of Words • Conflict Resolution

Delaware

SEL Competencies & Health Education Standards



RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve, and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

SEL Competency	In Focus Lessons
4A. Use positive communication and social skills to interact effectively with others.	• Communication • Active Listening • Power of Words • Kindness & Friendship • Gratitude • Honesty & integrity • Maslow's Pyramid • Collaboration • Feedback
4B. Develop and maintain positive relationships .	• Kindness & Friendship • Connection • Conflict Resolution • Empathy • Respect for Others • Collaboration • Physical Safety • Psychological Safety
4C. Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways.	• Conflict Resolution • Problem Solving • Communication • Emotional Awareness • Self Awareness • Active Listening • Positive Peer Impact • Empathy • Communication • Respecting Personal Space • Bully Prevention

Delaware

SEL Competencies & Health Education Standards



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.

SEL Competency	In Focus Lessons
5A. Consider and use multiple factors in decision making, including ethical and safety factors, personal and community responsibilities, and short-term and long-term goals.	• Choices & Consequences • Honesty & integrity • Physical Safety • Psychological Safety • Respecting Personal Space • Bully Prevention • Conflict Resolution • Mind & Body Drug Free • Digital Citizenship • Respect for Others • Respecting Personal Space • Empathy • Kindness & Friendship • Choices & Consequences
5B. Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.	• Problem Solving • Critical Thinking • Choices & Consequences • Responsibility • Honesty & integrity • Emotional Regulation • Coping Strategies • Conflict Resolution • Collaboration • Feedback • Physical Safety • Psychological Safety • Time Management • Organization • Executive Function • Test Preparation