

Illinois

Social & Emotional Learning Standards



Goal 1: SELF-AWARENESS

Develop the ability to recognize and understand one's own emotions, identities, biases, and values; reflect on how personal experiences, power, and privilege shape one's attitudes and behaviors, and cultivate a sense of individual within social, cultural, and political contexts. Self-awareness enables young people to respond thoughtfully, affect change, cope with emotions, and motivate themselves to persevere when faced with personal, academic or work-related obstacles.

Illinois Indicators

1A. Demonstrate awareness and understanding of one's **emotions** and their influence upon **behavior**.

1B. Demonstrate awareness of **personal and collective identity** encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.

1C. Understand how **external influences** like culture, family, and community can deepen understanding of **personal and academic goals**.

In Focus Lessons

- Emotional Awareness
- Emotional Regulation
- Coping Strategies
- Choices & Consequences
- Communication
- Motivation
- Happiness
- Personal Excellence

- Self Awareness
- Celebrating My Strengths
- Growth Mindset
- Self-Efficacy
- Self-Compassion
- Character Traits
- Making a Difference

- Strengths of Others
- Goal Setting
- Lifelong Learning
- Physical Safety
- Psychological Safety
- Respecting Personal Space
- Resilience & Perseverance
- Embracing Change
- Navigating Uncertainty
- Problem Solving

Goal 2: SELF-MANAGEMENT Self-management includes abilities such as managing one's emotions, identifying and using stress management and self-care strategies, expressing emotions in healthy ways, exhibiting self-discipline and self-motivation, setting personal and collective goals, using planning and organizational skills, showing the courage to take initiative, demonstrating personal and collective agency, and cultivating resilience and overcoming adversity. Self-management empowers individuals to regulate their emotions and behavior, cope with stress and adversity, and build resilience, agency, and hope—ultimately leading to stronger relationships, improved mental health, academic and life success, and the ability to achieve personal and collective goals.

Illinois Indicators	In Focus Lessons
2A. Manage one's emotions, thoughts, and behaviors in effective ways.	• Emotional Awareness • Emotional Regulation • Managing Stress • Coping Strategies • Conflict Resolution • Self-Care & Hygiene • Nutrition • Exercise • Gratitude • Time Management
2B. Demonstrate effective strategies to adapt, persevere, and build resilience.	• Resilience & Perseverance • Celebrating My Strengths • Strengths of Others • Coping Strategies • Growth Mindset • Self-Efficacy • Personal Excellence • Self-Compassion • Embracing Change • Navigating Uncertainty
2C. Apply problem solving skills and strategies related to achieving personal and academic goals.	• Goal Setting • Problem Solving • Emotional Awareness • Deep Learning • Test Preparation • Time Management • Organization • Executive Function • Feedback • Resilience & Perseverance

Goal 3: SOCIAL AWARENESS Social Awareness is the ability to understand the perspectives of and empathize with others, including those with diverse backgrounds, cultures, abilities, identities, contexts, and life experiences by recognizing perspectives, showing concern for others, and demonstrating mutual understanding in interpersonal interactions. Social awareness builds inclusive, safe learning environments and fosters empathy, compassion, and civic responsibility. It equips students to work effectively in diverse teams, strengthens relationships, reduces conflict, and enhances school culture, while preparing students to be culturally sensitive citizens in a global society.

Illinois Indicators

3A. Recognize that others may have **similar or different thoughts and feelings** based upon their experiences, abilities, community, and cultural and social groups.

In Focus Lessons

- Respect for Others
- Perspective Taking
- Emotional Awareness
- Communication
- Strengths of Others
- Empathy
- Communication
- Leadership
- Collaboration
- Problem Solving

3B. Demonstrate a range of skills to **interact** and **communicate effectively** with others in social and academic settings.

- Communication
- Connection
- Kindness & Friendship
- Collaboration
- Power of Words
- Active Listening
- Emotional Awareness
- Perspective Taking
- Critical Thinking
- Positive Peer Impact
- Leadership

3C. Demonstrate **awareness of other's** emotions, perspectives, backgrounds, identities, languages, abilities and cultures.

- Empathy
- Respect for Others
- Strengths of Others
- Active Listening
- Conflict Resolution
- Power of Words
- Positive Peer Impact
- Making a Difference
- Character Traits
- Courage
- Civic Roles

Goal 4: RELATIONSHIP SKILLS The ability to establish, maintain, and restore healthy, rewarding connections with individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking or offering help when needed. Relationship skills are the foundation for success in school, work, and life. Supportive, nurturing relationships with others is essential to the healthy and holistic development of all young people. Whether it's collaborating on a group project, navigating a disagreement with a friend, or working in a diverse team as an adult, strong interpersonal skills are what make these interactions effective and meaningful.

Illinois Indicators	In Focus Lessons
4A. Recognize, value, and affirm individual and group similarities and differences to build stronger relationships within communities.	• Connection • Celebrating My Strengths • Strengths of Others • Kindness & Friendship • Respect for Others • Problem Solving • Empathy • Leadership • Making a Difference
4B. Demonstrate effective communication and listening skills with individuals with diverse perspectives, cultures, languages, histories, identities, and abilities to build relationships.	• Communication • Active Listening • Kindness & Friendship • Bully Prevention • Empathy • Power of Words • Perspective Taking • Self Awareness • Digital Citizenship
4C. Demonstrate an ability to prevent, manage, and resolve conflicts by interacting productively with others.	• Communication • Maslow's Pyramid • Well-Being • Conditions of Well-Being • Conflict Resolution • Bully Prevention • Respecting Personal Space • Coping Strategies • Problem Solving • Choices & Consequences • Feedback • Collaboration

Goal 5: RESPONSIBLE DECISION-MAKING The ability to make caring and constructive choices about personal behavior and social interactions across various situations. Demonstrate intentional decision-making skills and behaviors that consider social, emotional, and physical safety and well-being in personal, school, and community contexts. This includes the capacities to consider ethical standards and safety concerns, as well as to evaluate the benefits and consequences of various actions for personal, social, and collective well-being. Responsible decision making is the foundation of an individual's participation in community. Each person needs the ability to solve problems by defining issues and decisions to be made, generating multiple solutions, anticipating the outcomes of each solution, and having the ability to evaluate and learn from the outcomes of their decision making.

Illinois Indicators

5A. Actively engage in a process of questioning, investigating, and seeking understanding about a topic or problem to **construct knowledge** and **problem solving**.

5B. Consider **multiple sources of information** and **diverse perspectives** to make informed decisions about the potential impact on themselves and others.

5C. Demonstrate the ability to make **thoughtful, safe,** and **inclusive decisions** when making choices in academic, social, and digital environments.

In Focus Lessons

- Critical Thinking
- Problem Solving
- Deep Learning
- Perspective Taking
- Lifelong Learning
- Respect for Others
- Feedback

- Critical Thinking
- Choices & Consequences
- Perspective Taking
- Character Traits
- Digital Citizenship
- Positive Peer Impact
- Civic Roles
- Honesty & Integrity
- Problem Solving

- Physical Safety
- Psychological Safety
- Mind & Body Drug Free
- Respecting Personal Space
- Choices & Consequences
- Honesty & Integrity
- Digital Citizenship
- Empathy
- Respect for Others
- Civic Roles
- Making a Difference
- Responsibility