



### How SEL & ExC-ELL™ Dovetail in the Classroom & Lessons

#### SEL<sup>1</sup> Competencies

##### Self-Awareness

- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Optimism

##### Self-Management

- Regulating one's emotions
- Managing stress
- Self-control
- Self-motivation
- Setting & achieving goals

##### Social Awareness

- Perspective taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school and community supports

##### Relationship Skills

- Building relationships with diverse individuals and groups
- Communicating clearly
- Working cooperatively
- Resolving conflicts
- Seeking help.

##### Responsible Decision-Making

- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on safety, social and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive, safe choices for self, relationships and school

#### ExC-ELL™ Lesson Components Groups

##### Preteaching Vocab

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##### Modeling & Background Building

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##### Partner Reading/Summarizing

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##### Class Discussion / Whole Group Debriefing & Cooperative Learning

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##### Student Question Formulation & Numbered Heads Together

- **Social Awareness:** Empathy (to support each other)

##### Team Based Writing

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<sup>1</sup> From: <https://casel.org/what-is-sel/>