



Social Awareness



- perspective taking
- empathy
- appreciating diversity
- respect for others
- reflective listening
- teamwork
- relationship building
- sharing
- relationship repair
- compassion - actions that will help another

Self-Management



- self-control
- stress management
- self-discipline
- self-motivation
- goal-setting
- organizational skills
- regulating emotions
- perseverance/grit
- coping
- delaying gratification
- decision making
- paying attention/ being 'present'
- bounce back from challenges

Self-Awareness



- identifying emotions/feelings
- identifying needs
- connecting emotions/feelings to behaviour
- accurate self-perception
- recognizing strengths
- self-confidence
- self-efficacy
- growth mindset
- resiliency
- optimism

Relationship Skills



- communication
- social engagement
- relationship building
- teamwork
- engaging with diverse individuals & groups
- resolving conflicts
- seeking help
- listening skills
- sharing
- empathy
- relationship repair
- cooperative play
- understanding other points of view

Responsible Decision Making



- identifying problems
- analyzing situations
- solving problems
- evaluating
- reflecting
- ethical responsibility
- well-being of self & others
- making safe choices
- metacognition
- thinking about different paths/ points of view