



Social & Emotional Learning

SCURRY-ROSSER ISD

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There are 5 key components!

1. Self – Awareness
2. Self – Management
3. Social Awareness
4. Relationship Skills
5. Responsible Decision Making



1. Self Awareness

THE POSITIVE ACTION PHILOSOPHY IS:

“YOU FEEL **GOOD** ABOUT YOURSELF WHEN YOU **DO** POSITIVE **ACTIONS**, AND THERE IS ALWAYS A POSITIVE WAY TO DO EVERYTHING.



This introduces:

1. Self Concept and the difference between positive and negative actions

2. Self – Management



Time
Management

Sleep
Schedule

Physical Positive
Actions



Intellectual
Positive Action

Manage
Stress

Motivating
one self
(goals)



Self-
Control

Taking
care of
your
body

Healthy Body and
Mind



3. Social Awareness

Social & Emotional Positive Actions for self and responsibility

Positive friendships

Recognizing emotions (Fear, worry, jealousy)

Decision making process (Check list, pros and cons)



Embarrassed



Loving



Bored



Sick



Scared



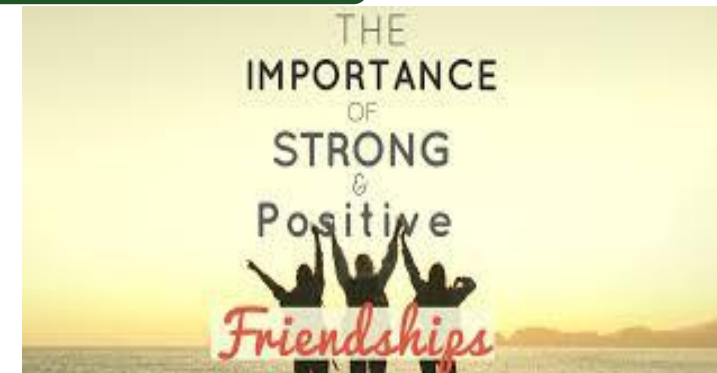
Amused



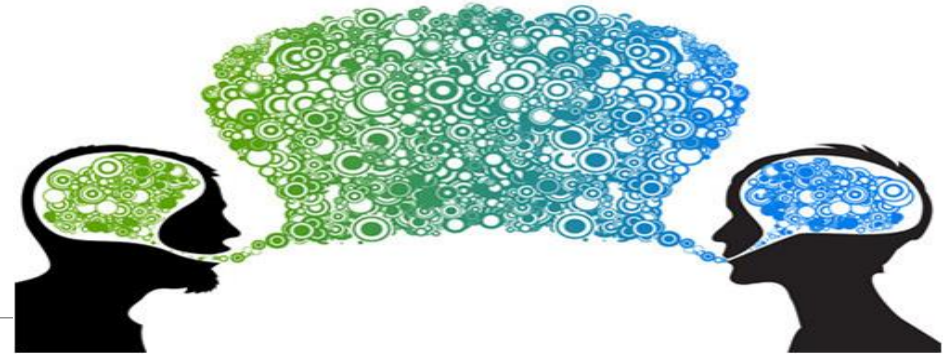
Friendly



Frustrated



4. Relationship Skills



Trauma
(Emotional)

Social skills
—
Interaction
with peers

Conflict
resolution

Getting
along
with
others

Being honest
in a
relationship

Communication



5. Responsible decision making

**BEING HONEST WITH
YOURSELF**

**SETTING AND ACHIEVING
SHORT AND LONG TERM GOALS**

