

MNPS SEL I Can statements

Kindergarten

Self-awareness:

1. I can identify basic emotions like sadness, happiness, and fear
2. I can describe and understand what causes these emotions
3. I can identify what I like and dislike

Self-management:

1. I can identify ways to calm myself
2. I can identify ways to deal with emotions that are upsetting
3. I can stick to a routine
4. I can set simple goals and work towards them

Social awareness:

1. I can communicate my needs and emotions verbally
2. I can identify what others are feeling based on their facial expressions and body language
3. I can realize that my feelings and behaviors affect others

Relationship Skills:

1. I can establish and maintain healthy relationships based on cooperation
2. I can use polite language
3. I can pay attention when others are speaking
4. I can take turns and share with others

Responsible Decision Making:

1. I can identify simple rules of behavior
2. I can recognize when poor decisions hurt other people
3. I can share and take turns

1st Grade

Self-awareness:

1. I can identify basic emotions like happiness, sadness, and fear
2. I can begin to understand and describe what causes these emotions
3. I can identify what I like and dislike

Self-management:

1. I can identify ways to calm down
2. I can identify ways to deal with emotions that are upsetting
3. I can follow a routine
4. I can wait my turn
5. I can set goals and work towards them

Social awareness:

1. I can communicate my needs and emotions verbally
2. I can identify what others are feeling based on their facial expressions and body language
3. I can realize that my feelings and behaviors affect others
4. I can realize that others may have a different point of view and these differences may affect my interactions

Relationship Skills:

1. I can accurately describe relationships I have with others
2. I can know what traits of a good friend are
3. I can use polite language to interact effectively with others
4. I can pay attention when others are speaking
5. I can take turns and share with others

Responsible Decision Making:

1. I can identify simple rules of behavior
2. I can recognize when poor decisions can hurt other people
3. I can share and take turns

2nd Grade

Self-awareness:

1. I can identify basic emotions like happiness, sadness, and fear
2. I can understand what causes these emotions
3. I can identify what I like and dislike

Self-management:

1. I can identify ways to calm myself
2. I can identify ways to deal with emotions that are upsetting
3. I can follow a routine and recognize the needed steps to complete it
4. I can wait my turn
5. I can set a goal and work towards it

Social awareness:

1. I can communicate my needs and emotions verbally
2. I can identify what others are feeling based on their body language and facial expressions
3. I can be sensitive to others' feelings and respond well to group interactions

Relationship Skills:

1. I can accurately describe relationships I have with others
2. I can describe the traits of a good friend
3. I can use polite language to interact effectively with others
4. I can pay attention when others are speaking
5. I can take turns and share with others

Responsible Decision Making:

1. I can identify simple rules of behavior
2. I can recognize when poor decisions hurt other people

3rd Grade

Self-awareness:

1. I can distinguish how the same emotion can mean different things in different situations
2. I can understand my own strengths and challenges -

Self-management:

1. I can recognize ways to deal with upsetting emotions
2. I can identify how obstacles are overcome to achieving goals
3. I can remember a time when I was successful and recall the ways I can apply what worked in that situation to future goals
4. I can recognize socially appropriate responses to emotions

Social awareness:

1. I can communicate my needs and feelings verbally
2. I can understand that emotions play a major role in the nature of relationships
3. I can respect and identify with other people's perspectives and behaviors
4. I can understand and evaluate social situations

Relationship Skills:

1. I can establish and maintain positive relationships
2. I can listen actively
3. I can respect diverse perspectives and resolve conflict effectively
4. I can be a loyal and considerate friend

Responsible Decision Making:

1. I can understand and explain why it is important to obey rules and laws
2. I can understand the importance of being dependable
3. I can understand what it means to be responsible
4. I can set goals and create a plan related to them
5. I can think of different solutions for problems and think of the consequences

4th Grade

Self-awareness:

1. I can accurately identify my emotions and while explaining why I feel that way and what I might like to change about that response
2. I can identify my strengths and weaknesses and understand how they affect the choices I make

Self-management:

1. I can recognize ways to deal with upsetting emotions
2. I can identify how obstacles are overcome to achieve goals
3. I can remember a time when I was successful and recall ways I can apply what worked in that situation for future goals
4. I can recognize socially appropriate responses to emotions

Social awareness:

1. I can communicate my needs and feelings verbally
2. I can understand that emotions play a major role in the nature of relationships
3. I can respect and identify other people's perspectives and behaviors
4. I can understand and evaluate social situations based on expression and body language

Relationship Skills:

1. I can use social skills to establish and maintain positive relationships
2. I can listen actively
3. I can respect diverse perspectives and resolve conflict effectively
4. I can be loyal and considerate to my friends

Responsible Decision Making:

1. I can understand and explain why it is important to obey rules and laws
2. I can understand the importance of being dependable
3. I can be responsible
4. I can set goals and create a plan related to them
5. I can think of different solutions for problems and consequences for my choices

5th Grade

Self-awareness:

1. I can accurately identify my emotions while explaining why I feel that way and what I might change about that response
2. I can identify my strengths and weaknesses and understand how they affect the choices I make

Self-management:

1. I can identify how obstacles are overcome to achieve goals
2. I can remember a time when I was successful and recall ways I can apply what worked in that situation for future goals
3. I can recognize socially appropriate responses to emotions
4. I can reflect on possible consequences before expressing my emotions
5. I can recognize ways to deal with upsetting emotions

Social awareness:

1. I can respect and identify other people's perspectives and behaviors
2. I can communicate my needs and feelings verbally
3. I can understand that emotions play a major role in relationships

Relationship Skills:

1. I can establish and maintain positive relationships
2. I can listen actively, respect diverse perspectives and resolve conflicts effectively
3. I can be a loyal and considerate friend

Responsible Decision Making:

1. I can understand the importance of being dependable
2. I can understand what it means to be responsible in regards to family and friends
3. I can set goals and create a plan related to them
4. I can think of different solutions for problems and think of the consequences
5. I can understand and explain the importance of obeying rules

6th Grade

Self-awareness:

1. I can make better choices based on my understanding of my strengths and weaknesses
2. I can accurately identify my emotions and the complexity of different emotions
3. I can identify the causes of certain emotions

Self-management:

1. I can recognize the cause of certain emotions and change my behavior accordingly
2. I can develop strategies to manage stress
3. I can overcome emotions by refocusing my energy

Social awareness:

1. I can apply empathy to social interactions
2. I can identify the feelings and intentions of others
3. I can adjust my behavior to meet the needs of others

Relationship Skills:

1. I can establish and maintain friendships
2. I can listen, respect diverse perspectives, and resolve conflicts
3. I can be a loyal and considerate friend

Responsible Decision Making:

1. I can understand the reasons behind rules
2. I can identify different points of view when making decisions
3. I can take into account how my decisions affect others
4. I can understand that while some activities and behaviors may be popular, that doesn't make them right

7th Grade

Self-awareness:

1. I can accurately identify my emotions and the complexities of different emotions
2. I can identify the causes of certain emotions
3. I can understand my strengths and challenges and can begin making choices based on my understanding

Self-management:

1. I can recognize the cause of certain emotions and change my behavior accordingly
2. I can develop strategies to manage stress
3. I can overcome emotions by refocusing my energy

Social awareness:

1. I can apply empathy to social interactions
2. I can identify the feelings and intentions of others
3. I can adjust my behavior to meet the needs of others

Relationship Skills:

1. I can establish and maintain friendships
2. I can listen, respect diverse perspectives, and resolve conflicts
3. I can be a loyal and considerate friend

Responsible Decision Making:

1. I can understand the reasons behind rules
2. I can identify different points of view when making decisions
3. I can take into account how my decisions affect others
4. I can understand that while some activities and behaviors may be popular, that doesn't make them right

8th Grade

Self-awareness:

1. I can accurately identify my emotions and the complexities of different emotions
2. I can identify the causes of certain emotions
3. I can identify my strengths and challenges and may begin making choices based on that understanding

Self-management:

1. I can recognize the cause of certain emotions and change my behavior accordingly
2. I can develop strategies to maintain my stress
3. I can overcome my emotions by refocusing my energy

Social awareness:

1. I can apply empathy to my social interactions
2. I can identify the feelings and intentions of others
3. I can adjust my behavior to meet the needs of others

Relationship Skills:

1. I can establish and maintain friendships
2. I can listen, respect diverse perspectives, and resolve conflict
3. I can be a loyal and considerate friend

Responsible Decision Making:

1. I can understand the reason behind rules
2. I can identify different points of view when making decisions
3. I can take into account how my decisions affect others
4. I can understand that while some activities and behaviors may be popular, that doesn't make them right

9th Grade**Self-awareness:**

1. I can accurately identify complex emotions
2. I can identify what causes and impacts my feelings
3. I can identify my strengths and challenges

4. I can start making plans for life after high school

Self-management:

1. I can handle my emotions and the behaviors caused by those emotions
2. I can use different strategies to calm myself
3. I can get over uncomfortable feelings and change my thought process

Social awareness:

1. I can define my identity
2. I can establish close bonds with friends
3. I can use verbal, physical and situational cues to identify what others are feeling
4. I can understand the feelings, motives, and actions of others
5. I can apply empathy to social interaction and adjust my behavior to meet the needs of others

Relationship Skills:

1. I can be verbal with my opinions and critical of my own faults
2. I can be critical of others' faults
3. I can understand my roles and responsibilities in relationships
4. I can use my social skills to establish and maintain functional and positive relationships

Responsible Decision Making:

1. I can understand the impact of my choices on others
2. I can realize that what is right may not be popular and what is popular may not be right
3. I can identify legal issues relating to substance abuse

10th Grade

Self-awareness:

1. I can identify my strengths and challenges
2. I can use my insight to help make plans for after high school
3. I can accurately identify complex emotions
4. I can develop a strong sense of what causes and impacts my feelings

Self-management:

1. I can handle my emotions and the behaviors caused by those emotions
2. I can use different strategies to calm myself
3. I can get over uncomfortable feelings and change my thought process

Social awareness:

1. I can define my own identity
2. I can establish close bonds with friends
3. I can use verbal, physical, and situational cues to identify what others are feeling
4. I can understand the feelings, actions, and motives of others
5. I can apply empathy to social interactions and adjust my behavior to meet the needs of others

Relationship Skills:

1. I can understand my role and responsibilities in relationships
2. I can use my social skills to establish and maintain functional and positive relationships
3. I can be verbal with my opinions and critical of my own faults
4. I can be critical of others' faults

Responsible Decision Making:

1. I can identify legal issues relating to substance abuse
2. I can understand the impact of my choices on others
3. I can realize that what is right might not always be popular

11th Grade**Self-awareness:**

1. I can accurately identify complex emotions
2. I can develop a strong sense of what causes and impacts my feelings
3. I can identify my strengths and challenges
4. I can use my insight to make plans for life after high school

Self-management:

1. I can handle my emotions and the behaviors caused by those emotions
2. I can use strategies to calm myself
3. I can get over uncomfortable feelings and change my thought process

Social awareness:

1. I can define my identity
2. I can establish close bonds with friends
3. I can use verbal, physical, and situational cues to identify what others are feeling
4. I can understand the feelings, motives, and actions of others
5. I can apply empathy to social interactions and adjust my behavior to meet the needs of others

Relationship Skills:

1. I can use my social skills to establish and maintain functional and positive relationships
2. I can be verbal with my opinions and critical of my own faults
3. I can be critical of others' faults
4. I can understand my role and responsibilities in relationships

Responsible Decision Making:

1. I can understand the impact of my choices on others
2. I can realize that what is right might not always be popular
3. I can identify legal issues related to substance use

12th Grade**Self-awareness:**

1. I can accurately identify complex emotions
2. I can develop a sense of what causes and impacts my feelings
3. I can identify my strengths and challenges
4. I can use insight to help make plans for school and after high school

Self-management:

1. I can manage my emotions and the behaviors caused by those emotions
2. I can use different strategies to calm myself
3. I can get over uncomfortable feelings and change my thought process
4. I can persevere and manage through my struggles

Social awareness:

1. I can use verbal, physical, and situational cues to identify what others are feeling
2. I can understand the feelings, motives, and actions of others
3. I can apply empathy to social interactions and adjust my behavior to meet the needs of others
4. I can define my identity and establish close bonds with friends

Relationship Skills:

1. I can be verbal with my opinions and critical of my faults
2. I can be critical of others' faults
3. I can understand my role and responsibilities in relationships
4. I can see the value of empathy in relationships
5. I can use my social skills to establish and maintain functional and positive relationships

Responsible Decision Making:

1. I can understand the impact of my choices on others
2. I can realize that what is right might not always be popular
3. I can identify legal issues related to substance use
4. I can follow through on obligations and commitments