

Social and Emotional Learning



Social and Emotional Learning (SEL) is a process through which children and adults develop the fundamental skills for life effectiveness.

We need SEL skills for ourselves, our relationships, and our work. In OUSD, we believe that strengthening these skills enhances our ability to effectively and ethically connect across race, class, culture, language, gender identity, sexual orientation, learning needs, and age.

Self-Awareness

I understand who I am, and how my feelings about myself and others influence my actions. I know my strengths and opportunities for growth. I know when I need help and how to get help.

Social Awareness

I care about and work with people like me and people different from me. I understand and respect their thoughts, feelings and points of view.

Responsible Decision-Making

I act in ways that are respectful and safe. I consider how my choices and decisions will affect myself and others.

Self-Management

I express my feelings and handle my actions in skillful ways. I set goals and I achieve them.

Relationship Skills

I interact in ways that build positive relationships with people like me and people different from me. I am able to handle conflicts in healthy ways.



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Self-Awareness

I understand who I am, and how my feelings about myself and others influence my actions. I know my strengths and opportunities for growth. I know when I need help and how to get help.

- What am I good at and how do I know?
- When I don't understand something or need help, what do I do?
- What am I feeling right now and how can I act in a way that is helpful for myself and others?

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Self-Management

I express my feelings and handle my actions in skillful ways. I set goals and I achieve them.

- What goals have I set for myself? How will I achieve my goals?
- What do I do when things get in the way of achieving my goals?
- How can I share my feelings in ways that are helpful to myself and respectful to others?

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Social Awareness

I care about and work with people like me and people different from me. I understand and respect their thoughts, feelings and points of view.

- What do I do to work well with people like me and people different from me?
- How can I understand others and respect where they are coming from?
- What am I doing to make my school community a better place?

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Relationship Skills

I interact in ways that build positive relationships with people like me and different from me. I am able to handle conflicts in healthy ways.

- What skills do I have for getting along well with others?
- How do I work with people who are like me and different from me?
- How do I listen and express myself to keep healthy relationships?

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Responsible Decision-Making

I act in ways that are respectful and safe. I consider how my choices and decisions will affect myself and others.

- What steps do I take to know that I am making a skillful choice?
- How will this decision affect myself and others?
- How do I accept the outcomes of my choices?

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