

TBS Essential Social Emotional Practices

		Awareness	Regulation	Mindsets	Values
		<i>I am knowledgeable.</i>	<i>I am capable.</i>	<i>I have intention.</i>	<i>I have purpose.</i>
Self	Self-Awareness	1a I can demonstrate my sense of self by describing my personal states, traits, & preferences.	3a I notice when a need or emotion arises that interferes with my abilities.	5a I set goals that will help me advance my abilities & develop concrete plans for achieving these goals.	7a I can name & describe admirable traits & identify the actions that go along with these traits.
		1b I can accurately describe my strengths & areas of improvement.	3b I can name & describe a variety of internal & external supports & strategies that I can use to restore my internal control.	5b I respond to unexpected challenges with a problem solving mindset.	7b I can describe the kind of person I want to be & identify strategies for practicing this vision of my character.
		1c I can name & notice my physical needs & emotions in a given a moment.	3c I utilize internal strategies to address interfering needs & emotions.	5c I respond to unexpected challenges with flexible expectations.	7c I respond to situations that challenge my character with a problem solving mindset & flexible expectations.
		1d I understand the connection between my physical needs & my emotions.	3d I utilize external supports & strategies to address interfering needs & emotions.	5d I am self-motivated & strive to persist in the face of obstacles	7d I regularly reflect on when, where, & why I acted in accordance with this vision of my character.
		1e I recognize the difference between what I can & cannot change.	3e I anticipate interfering needs & emotions & create a plan to address them.	5e I can describe the tradeoffs & make an informed choice between instant gratification & a meaningful reward later.	7e I consider the ethical implications when making a decision.
Social	Social Awareness	2a I can identify ways in which I am similar & different to any individual or group.	4a I notice when the needs & emotions of others effect my regulation.	6a I notice when my interactions aren't effective & adjust my words & actions to increase the likelihood of a positive social interaction.	8a I appreciate the diversity of experiences, beliefs, & emotions of people in my home, school, community, & beyond.
		2b I use social cues & other indicators to recognize the emotions of others during social interactions.	4b I can name, notice, & resist inappropriate social pressures from others.	6b I utilize a range of social & communication skills to initiate & maintain effective interactions with others.	8b I can name & describe the social & ethical responsibilities of myself, my family members, community members, & citizens.
		2c I can name the characteristics of positive interactions & use these to analyze the effectiveness of social interactions.	4c I utilize a variety of strategies & supports to resolve conflict in social interactions.	6c I know when, where, & how to appropriately advocate for my personal rights & responsibilities.	8c I consider the well-being of others & sometimes choose to put theirs ahead of my own.
		2d I can name & describe a variety supports & strategies that I can use for positive effective interactions.	4d I utilize a variety of strategies & supports to resolve avoid in social interactions.	6d I consider the emotions & perspectives of others I when make choices about who I talk to, what I say, & how I say it.	8d I work to demonstrate a mindset that supports equity, diversity, & inclusion in daily interactions.
		2e I think about the perspectives, experiences, & emotions of others & seek to put myself in their shoes.	4e I ask for help when I cannot resolve conflict on my own.	6e I work to establish & maintain healthy relationships based on compassion & mutual respect.	8e I recognize that as a member within any community or society, I have both the power & responsibility to impact the greater good.