

## **SEL COMPETENCIES**

### ***Knowledge of Self***

- Identifying and recognizing emotions
- Accurate self-perception/self-confidence
- Recognizing strengths, needs and values

### ***Social Awareness***

- Perspective-taking/empathy
- Appreciating diversity
- Using family, school and community resources

### ***Relationship Management***

- Resisting inappropriate peer pressure
- Working cooperatively
- Conflict management

### ***Responsible Decision Making***

- Problem Solving
- Evaluation and reflection
- Personal, moral and ethical responsibility
- Respect for others

### ***Self-Management***

- Impulse control and stress management
- Self-motivation and discipline
- Goal setting and organizational skills

Source: Collaborative for Academic and Social Emotional Literacy

## **Monthly Themes**

<b>September -</b>	<b><i>Community</i></b>
<b>October –</b>	<b><i>Courage</i></b>
<b>November –</b>	<b><i>High Expectations</i></b>
<b>December –</b>	<b><i>Respect &amp; Responsibility</i></b>
<b>January –</b>	<b><i>Cooperation</i></b>
<b>February –</b>	<b><i>Love</i></b>
<b>March –</b>	<b><i>Friendship</i></b>
<b>April –</b>	<b><i>Hope</i></b>
<b>May –</b>	<b><i>Attitudes &amp; Values</i></b>
<b>June –</b>	<b><i>Reflections &amp; Transitions</i></b>

Source: *Eight Habits of the Heart*  
by Clifton Taulbert 1997

## **BRAVE Program**

Bullying Reduction Anti-Violence Education

A partnership with the North Shore / Long Island Jewish  
Mental Health Alliance.

Leader strategies to eliminate bullying:

**L**eave no one out – reach out and include everyone

**E**mpower yourself – stand up to bullies

**A**muse with humor – bring light to dark situations

**D**istract the bully – shift the focus away from the victim

**E**nlist help – tell someone who can help

**R**umors stop with you – don't spread them

**S**upport the victim – let them know you care

Source: North Shore/LIJ Mental Health Alliance

## **Celebrating Diversity**

Building Community through  
Understanding, Tolerance,  
Sensitivity and  
Acceptance

**B**elieving in the

**R**ights

**A**nd

**V**alues of

**E**veryone