**Social and Emotional Learning Competencies**

1. **Responsible Decision-Making**
   - Understands personal, ethical, safety and civic impact
   - Recognizes and identifies the thoughts, feelings, and behaviors associated with one's actions in order to make constructive decisions.
   - Establishes and maintains healthy relationships among individuals, groups and others’ cultural backgrounds.
   - Identifies ways to resist inappropriate social pressure and learn to appreciate diversity.
   - Demonstrates an awareness of the expectations for handling daily tasks and challenges.

2. **Relationship Skills**
   - Establishes and maintains healthy relationships through comradery, safe space and/or a sense of belonging and purpose.
   - Utilizes positive communication and social skills to interact effectively with others.
   - Identifies ways to resist inappropriate social pressure and learn to appreciate diversity.
   - Demonstrates the ability to present and manage interpersonal conflicts in constructive ways.

3. **Self-Management**
   - Demonstrates the ability to resist inappropriate social pressure.
   - Identifies ways to resist inappropriate social pressure and learn to appreciate diversity.
   - Identifies who, when, where, or how to seek help for oneself or others when needed.
   - Recognizes the importance of self-confidence in handling daily tasks and challenges.
   - Demonstrates an understanding of the need for mutual respect when viewpoints differ.

4. **Self-Awareness**
   - Identifies and identifies the thoughts, feelings and perspectives of others.
   - Recognizes one's feelings and thoughts on one's own behavior.
   - Demonstrates an understanding of the need for mutual respect when viewpoints differ.
   - Identifies ways to resist inappropriate social pressure and learn to appreciate diversity.
   - Demonstrates the ability to present and manage interpersonal conflicts in constructive ways.

5. **Adaptive and Creative Problem Solving**
   - Knows and uses knowledge and personal experiences to make art.
   - Relate artistic ideas and works with societal, cultural, historical, and theoretical aspects of an artistic work; and how does this knowledge connect us to the art around us and enhance literacy in the arts and connection to our communities?
   - What relationships are uncovered when people investigate the arts in their communities?
   - Through individual connections in the arts, perspectives towards societal, cultural and historical concepts can evolve, strengths and weaknesses can be acknowledged.
   - Diverse artists result in different artistic expressions synthesizing knowledge (personal, societal, cultural, and historical).
   - How does connecting to the arts help us connect us to the arts around us and enhance literacy in the arts and connection to our communities?

6. **Interpersonal Effectiveness**
   - Through individual connections in the arts, interpersonal strengths, traits and challenges are recognized and individual strengths and weaknesses are acknowledged.
   - How does connecting to the arts help us connect us to the arts around us and enhance literacy in the arts and connection to our communities?
   - Through individual connections in the arts, interpersonal strengths, traits and challenges are recognized and individual strengths and weaknesses are acknowledged.

7. **Empowerment**
   - How does engaging in the arts broaden our awareness about the social consequences of our actions and our impact on others?
   - How does connecting to the arts help us connect us to the arts around us and enhance literacy in the arts and connection to our communities?
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