

# IMPROVING SOCIAL AND EMOTIONAL LEARNING IN PRIMARY SCHOOLS

## Core skills at the heart of SEL

Core competency	Definition	Associated skills
<b>Self-awareness</b>	The ability to accurately recognise one's own emotions, thoughts and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.	<ul style="list-style-type: none"> <li>• Identifying emotions</li> <li>• Accurate self-perception</li> <li>• Recognising strengths</li> <li>• Self-confidence</li> <li>• Self-efficacy</li> </ul>
<b>Self-management</b>	The ability to successfully regulate one's emotions, thoughts and behaviours in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work towards personal and academic goals.	<ul style="list-style-type: none"> <li>• Impulse control</li> <li>• Stress management</li> <li>• Self-discipline</li> <li>• Self-motivation</li> <li>• Goal setting</li> <li>• Organisational skills</li> </ul>
<b>Social awareness</b>	The ability to take the perspective of and empathise with others. The ability to understand social and ethical norms for behaviour and to recognise family, school and community resources and supports.	<ul style="list-style-type: none"> <li>• Understanding emotions</li> <li>• Empathy/sympathy</li> <li>• Appreciating diversity</li> <li>• Respect for others</li> </ul>
<b>Relationship skills</b>	The ability to establish and maintain healthy relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively and seek and offer help when needed.	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Social engagement</li> <li>• Relationship building</li> <li>• Teamwork</li> </ul>
<b>Responsible decision making</b>	The ability to make constructive choices about personal behaviour and social interactions. The realistic evaluation of consequences of various actions and a consideration of the wellbeing of oneself and others.	<ul style="list-style-type: none"> <li>• Identifying problems</li> <li>• Analysing solutions</li> <li>• Solving problems</li> <li>• Evaluating</li> <li>• Reflecting</li> <li>• Ethical responsibility</li> </ul>