

Texas: TEKS & SEL



▶ Students in TX need SEL support

- 34% of high school students in Texas reported feeling sad or hopeless almost every day for 2 weeks or more.
- 12% of high school students attempted suicide in the past year.

CDC Youth Behavior Survey

▶ What do the TX standards require?

The TEKS Health Standards for K-12 incorporate a wide variety of SEL-focused standards and skills, which align to the core competencies as defined by the Collaborative for Academic, Social, and Emotional Learning.

Self Awareness	Self Management	Social Awareness	Relationship Skills	Decision Making
Identifying emotions	Managing emotions	Empathy	Conflict resolution	Identifying problems
Expressing emotions	Resilience	Discovering differences	Active listening	Solving problems
Mindfulness	Stress management	Diversity appreciation	Cooperation	Analyzing situations
Self-confidence	Impulse control	Civic engagement	Teamwork	Goal setting
Recognizing strengths	Self-motivation	Respect for others	Communication	Leadership skills

Move This World offers SEL curriculum for PreK-12th grade. Learn more at www.movethisworld.com

▼ Self-Awareness

Examples of Move This World's objectives:

- Describe what an emotion is and why emotions are important.
- Define and provide examples of basic emotional vocabulary words.
- Describe and demonstrate ways to express emotions in a socially acceptable manner.

▼ Self-Management

Examples of Move This World's objectives:

- Communicate emotions safely and authentically using a variety of modalities.
- Identify and control impulsive behavior.
- Distinguish among emotions you might feel in various situations.

▼ Social Awareness

Examples of Move This World's objectives:

- Identify and describe how others are feeling.
- Identify and describe positive qualities of others.
- Listen to others and respond respectfully.

▼ Relationship Skills

Examples of Move This World's objectives:

- Identify and use strong listening skills.
- Invite others to join groups.
- Describe a variety of strategies that can be used to resolve conflict peacefully.

▼ Responsible Decision Making

Examples of Move This World's objectives:

- Describe characteristics of a situation that make it feel safe or unsafe.
- Identify positive behaviors that contribute to personal and community wellbeing.
- Identify ways you can help your school or community.

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