

# California: Supporting the SEL Guiding Principles

## ▶ Students in CA need SEL support



- 3 out of every 10 high school students appear to suffer from chronic, debilitating sadness or hopelessness.
- About 1 out of every 6 high school students have contemplated suicide.

2015-2017 California Healthy Kids Survey

## ▶ What do the CA standards require?

The California Department of Education has defined Guiding Principles to help inform and support SEL practices throughout the state:

1. Adopt whole child development as the goal of education.
2. Commit to equity.
3. Build capacity.
4. Partner with families and communities.
5. Learn and improve.

As part of the Collaborating States Initiative, schools have access to resources and best practices from the Collaborative for Academic, Social, and Emotional Learning, which has defined five core SEL competencies:

**Self Awareness**

**Self Management**

**Social Awareness**

**Relationship Skills**

**Decision Making**

Move This World offers SEL curriculum for PreK-12th grade. Learn more at [www.movethisworld.com](http://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.

Move This World offers standard-aligned SEL curriculum for PreK-12th grade.  
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