

NHS SEL Concepts Grade 1

CONCEPTS	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision-Making
	<p>Identifying and recognising emotions; recognising personal interests and strengths; maintaining a well-grounded sense of self-confidence</p>	<p>Regulating emotions to handle stress, control impulses, and motivating oneself to persevere in overcoming obstacles, setting and monitoring progress toward the achievement of personal and academic goals; expressing emotions appropriately</p>	<p>Being able to take the perspective of and empathise with others; recognising and appreciating individual and group similarities and differences</p>	<p>Establishing and maintaining healthy and rewarding relationships based on cooperation and resistance to inappropriate social pressure, preventing, managing, and constructively resolving interpersonal conflict; seeking help when needed</p>	<p>Making decisions based on a consideration of all relevant factors, including applicable ethical standards, safety concerns, and social norms; the likely consequences of taking alternative courses of action; evaluation and reflection</p>
<p>CLASSROOM APPLICATIONS</p>	<ul style="list-style-type: none"> • Putting forth Personal best “I can” • Read alouds and discussions • “Stand Tall Molly Lou Melon” • “Wemberly Worried” 	<ul style="list-style-type: none"> • Advocacy/“I” messages • Body bubble space • Body engine- How is it running? • Sensory diet/menu • Interrupting chicken 	<ul style="list-style-type: none"> • Be Safe education • Be Kind education • Be positive education • Role playing • “Tacky the Penguin” 	<ul style="list-style-type: none"> • Cooperative groups • “Don’t Squeal Unless it’s a Big Deal” Pig “Stick” • Role playing • Chrysanthemum • Morning greetings • Morning mtg share • Buddy reading • 4th grade reading buddies 	<ul style="list-style-type: none"> • Goal setting • Rules of the jungle • Practice for fire drills and lockdown

NHS SEL Concepts Grade 1

- Feeling Book Series
- “How Full is Your Bucket”
- Morning meeting
- Circle time

- Class books on: Sadness and Anger

- First amigos play cafe
- Rules of the Jaguar Jungle
- “Gerald and Piggy”