

# NHS SEL Concepts Grade 3

<b>CONCEPTS</b>	<b>Self Awareness</b>	<b>Self Management</b>	<b>Social Awareness</b>	<b>Relationship Skills</b>	<b>Responsible Decision Making</b>
	<p>Identifying and recognizing emotions; recognizing 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 empathize with others; recognizing 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>

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## CLASSROOM APPLICATIONS

- How Are You Smart – multiple intelligences
- Knowing how to achieve success
- Goal setting and student led conferences
- Character analysis
- Reading body language
- Being aware of our own body language

- Perspective taking in group work and through read alouds
- Book Character analysis

- Classroom constitution
- Outdoor challenges
- Classroom community development
- Grade level challenges
- Book Character analysis
- Book clubs
- Read a-loud

- Classroom constitution
- Outdoor challenges
- Character analysis
- Celebrations of Friendship
- Presentation of work and learning to classmates and/or parents
- Cooperative learning challenges

- Classroom constitution
- Outdoor challenges
- Character analysis
- When do you advocate for yourself and for others
- How do you advocate for yourself and others
- Safe risk taking- academically and socially