NHS SEL Concepts Grade 6

CONCEPTS	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision-Making
	Identifying and recognising emotions; recognising personal interests and strengths; maintaining a well-grounded sense of self-confidence	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	Being able to take the perspective of and empathise with others; recognising and appreciating individual and group similarities and differences	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	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

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CLASSROOM APPLICA-TIONS					
	• Merrowvista • Life skills • Town meeting • Advisory • GIT • Committees • Team challenges • Differentiating instruction • Community building activities • Classroom group activities • Literature Circles •	• Merrowvista • Life skills • Town mtg • Advisory • GIT • Committees • Team challenges • Agenda bounds website • Daily Homework • End of day check	• Merrowvista • Town mtg • Committees • Team challenges • Advisory • Community building activities • Classroom group activities • Social studies • Literature Circles	• Merrowvista • Life skills • Town mtg • Advisory • Committees • Team challenges • Advisory • Community building activities • Classroom group activities	• Merrowvista • Life skills • Town meeting • Advisory • GIT • Team challenges • Differentiating instrument • Committees • Advisories • Community building activities • Classroom group activities • Problem solving • Critical thinking skills