

NHS SEL Concepts Grade 7

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"> • Reflection • Digital portfolio • Rope course • Team building • “This I 	<ul style="list-style-type: none"> • Weekly organization time • Town mtg • Rope course • Reflections • Student led 	<ul style="list-style-type: none"> • Group work • Town meeting • Rope course • Reflectio 	<ul style="list-style-type: none"> • Group work • Town mtg • Rope course • Reflections • Constitutio n 	<ul style="list-style-type: none"> • Town mtg • Rope course • Reflections • Ind. Feedback • Advisory • Life skills • Grade level

NHS SEL Concepts Grade 7

	<p>believe”</p> <ul style="list-style-type: none"> • Student led conf. • Ind feedback • Student involved problem solving • Advisory • Life skills • Service learning • Peer revision 	<p>conf.</p> <ul style="list-style-type: none"> • Ind. Feedback • Advisory • Life skills • Grade level constitution • Homework club • Open forum <ul style="list-style-type: none"> • Self Control in Class / Game 	<p>ns</p> <ul style="list-style-type: none"> • Ind. Feedback • Advisory • Life skills • Grade level constitution • Service learning • “We Are One” • Grade level buddies • Back to school picnic • Culture Fest • Spanish • U.N. unit • Open forum • Guest speakers • Earth day 	<ul style="list-style-type: none"> • Ind. Feedback • Advisory • Life skills • Grade level constitution • Service learning • Grade level buddies • “We Are One” • NYC group trip • Peer revision • U.N. unit • Open forum • Teacher modelling 	<p>constitution</p> <ul style="list-style-type: none"> • Financial unit • Earth day
--	---	--	---	--	---