

Stepout Journals - Social Emotional Learning: Age 6 to 9 years

A series of workshops with games, activities, storytelling and experiences focussing on five core competencies of social emotional learning.

1	Self – concept Who am I? What do I think about myself?	Self-awareness (Knowing, understanding and trusting ourselves)	With Myself
2	Self-efficacy My abilities to overcome or accept any situation		
3	Emotional awareness Knowing what I am feeling and why?		
4	Exploring my mind Mindfulness in various activities	Self-regulation (Managing impulses and emotions)	
5	Investigating risky emotions Managing risky emotions in harmony with my goals		
6	Emotional routine My emotional routine for good emotional health		
7	Perspective taking Understanding a given situation from multiple points of view	Social-awareness (Understanding other people’s feelings, needs and concerns)	With Others
8	Empathy Putting ourselves in another’s place, walking in another’s shoes		
9	My society Voluntary actions intended to help or benefit others		
10	Active listening Paying undivided attention to another person with genuine interest and respect	Relationship-management (Interacting with kindness and respect for ourselves and others)	
11	Assertiveness Advocating for ourselves with confidence, honesty and respect		
12	Conflict management Dealing with conflicts in a way that enhances learning and positive outcomes		
13	Exploring needs My personal, academic and societal	Goal-setting (Understanding and pursuing my goals – academic, personal, social)	With Our Challenges
14	Perseverance Keeping up the effort to achieve our goals despite difficulty, delays and failure		
15	Stress management Taking charge so the pressures and tensions of our lives don’t break us		
16	Creative thinking Generating new ideas, solutions or courses of action in the face of challenge	Responsible decision-making (Making constructing and respectful choices)	
17	Critical thinking Questioning the assumptions underlying our habitual ways of thinking and acting		
18	Responsibility Fulfilling our commitments and being accountable for our words and actions		
19	Prep for SEL Mela		
20	Annual SEL Mela (Each student displays their key takeaway from SEL through art – writings / drawings/ paintings / models)		