



Social and Emotional Learning

What is *WiseSkills*?

WiseSkills is a comprehensive character-building program that equips young people with the critical character qualities they need to be successful. *WiseSkills* includes three separate, yet interconnected, components that help schools, families, and communities cultivate good character in young people.

Many educators recognize the strong connections between character-building and developing social and emotional skills in students. According to the Collaborative for Social & Emotional Learning (CASEL)*:

Social and emotional learning (SEL) is the process of acquiring the skills to recognize and manage emotions, develop caring and concern for others, make responsible decisions, establish positive relationships, and handle challenging situations effectively. Research has shown that SEL is fundamental to children's social and emotional development-their health, ethical development, citizenship, academic learning, and motivation to achieve. Social and emotional education is a unifying concept for organizing and coordinating school-based programming that focuses on positive youth development, health promotion, prevention of problem behaviors, and student engagement in learning.

The chart below shows the specific social and emotional skills identified by CASEL that are taught in the *WiseSkills* School Component and Family Component.

Social & Emotional Skills	School Component					Family Component	
	WiseWords (K-2)	WiseQuotes (3-5)	WiseLives (6-8)	Wisdom for Life (9-12)	Admin. Handbook (K-8)	Family Wisdom-Elem. (K-5)	Family Wisdom-Mid. (6-8)
Identifying Emotions	•	•	•		•	•	•
Recognizing Strengths	•	•	•	•	•	•	•
Perspective-taking	•	•	•	•	•	•	•
Goal Setting	•	•	•	•	•	•	•
Analyzing Situations	•	•	•		•	•	•
Assuming Responsibility	•	•	•	•	•	•	•
Respecting Others	•	•	•	•	•	•	•
Communication	•	•	•		•	•	•
Building Relationships	•	•	•	•	•	•	•
Negotiation	•	•	•		•	•	•
Refusal	•	•	•	•	•	•	•

* CASEL. Department of Psychology (M/C 285), University of Illinois at Chicago, 1007 W. Harrison Street Chicago, IL 60607-7137 312-413-1008 www.casel.org

Samples of the Social and Emotional Learning Resources in *WiseSkills*

WiseWords (Grades K-2)

Goal Setting

1. In groups, have students share some things they are good at now that they used to not be good at. Have students share about the steps they took to get better and whether others helped them. Discuss as a class.
2. Have students share about new things they have learned or done. Discuss how students felt while they were working on it and when they finally finished. Explain that goal setting is deciding on something they want to do and taking the steps to get there.
3. Write one student's goal on the board. As a class, come up with small steps that student can take to reach his/her goal. Emphasize the importance of having small steps to reach their goals.

WiseQuotes (Grades 3-5)

Respect for Others

1. In groups, have students make lists of actions and words that show respect and disrespect.
2. In groups, have students make lists of people they know who they look up to and respect. Discuss as a class and explain that we look up to and respect people who treat others with respect.
3. Have students share what school would be like if no one respected anyone else--including teachers. Discuss the importance of showing respect for others in families, neighborhoods, schools, communities, and whole countries.

Download FREE Sample Pages at www.wiseskills.com

Call 1-888-947-3754 to Request a FREE 30 Day Preview!

WiseLives (Grades 6-8)

Communication

1. Have students share about things that they have said "no" to. Discuss how to effectively resist negative influences by communicating exactly what students want or don't want:
 - "I do not want to smoke cigarettes."
[Not: "You are stupid to smoke!"]
 - Explain why you choose not to do something. ["I don't think stealing is right."]
2. With partners, have students do a listening exercise where one student shares about his/her weekend while the other listens using eye contact and not interrupting. Then the student repeats in his/her own words what the other student said.
3. Have students role-play situations where they communicate positively. Include active listening, sharing feelings appropriately, and resisting negative influences.

Wisdom for Life (Grades 9-12)

Responsibility

Being Responsible

- **Discussion:** Responsibility involves being self-controlled and delaying gratification. This skill is a critical quality that helps us in all aspects of our lives. Have students describe areas in which it is difficult for them to delay gratification.
- **Writing:** Have students write about their various responsibilities and which ones are most important and least important to them. Have students include their responsibilities at home, at school, and in the community as well as their responsibilities towards their friends.
- **Small Groups:** Have groups make a list of the qualities necessary to be successful in any occupation.