



Wisconsin SEL Standards Alignment

WI Competency	CASEL Domain	Knowledge and Skills	Grade 6	Grade 7	Grade 8
EMOTIONAL DEVELOPMENT <i>Understand and manage one's emotions</i>	<ul style="list-style-type: none"> Self Awareness 	1. Learners will be able to recognize and label a variety of complex graded emotions in self and others.	S17: Understanding Emotions S18: Regulating Emotions (Naming Emotions) S20: Practicing Conflict Resolution S27: Connecting Motivation & Emotions S28: Regulating Emotions (Calming Emotions)	S09: Understanding Emotions S10: Exploring Emotions S11: Expanding Emotion Vocabulary S13: Identifying Emotions S14: Understanding Stress	S13: Happiness Mythbusting S15: Understanding How Emotions Work, pt 1 S16: Understanding How Emotions Work, pt 2
	<ul style="list-style-type: none"> Self-Management 	2. Learners will be able to express their emotions in an appropriate and respectful manner using a variety of modalities (e.g., verbal and nonverbal).	S20: Practicing Conflict Resolution S27: Connecting Motivation & Emotions S28: Regulating Emotions (Calming Emotions)	S12: Practicing Emotion Regulation S13: Identifying Emotions S25: Communicating with Assertiveness S26: Practicing Assertiveness	S18: Practicing Self-Regulation S19: Building an Emotions Toolbox
	<ul style="list-style-type: none"> Self-Management 	3. Learners will be able to identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger.	S17: Understanding Emotions S18: Regulating Emotions (Naming Emotions) S20: Practicing Conflict Resolution S27: Connecting Motivation & Emotions S28: Regulating Emotions (Calming Emotions)	S09: Understanding Emotions S10: Exploring Emotions S12: Practicing Emotion Regulation S13: Identifying Emotions S14: Understanding Stress S15: Stress Coping Strategies	S17: Dealing with Emotions S18: Practicing Self-Regulation S19: Building an Emotions Toolbox S20: Connecting Emotion Regulation and Values S21: Practicing Emotion Regulation S22: Regulating Emotions in Academics (Overcoming Obstacles) S26: Regulating Emotions on a Team (The Team in Teamwork)
	<ul style="list-style-type: none"> Focus Attention 	4. Learners will be able to independently use organizational skills and strategies to focus attention in order to work toward short-term personal and academic goals.	S07: Middle School Mythbusting (Expert Explorers) S14: Listening Practice S23: Applying Listening Skills	S06: What Do We Value?, pt 1 S08: What Do We Value?, pt 3 S23: Well-Being In Practice S24: Developing Well-Being Habits S30: Growth Mindset	S06: Envisioning Your Future (Dreams Ahead) S07: Connecting Values & Your Future (Values & Dreams) S08: Values & your Future in High School (The Story of Values) S12: Making Positive Habits S22: Regulating Emotions in Academics (Overcoming Obstacles) S30: Grit and Willpower S32: Strengthening Commitment, pt 2



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EMOTIONAL DEVELOPMENT <i>Understand and manage one's emotions</i>	<ul style="list-style-type: none"> Social Awareness 	5. Learners will be able to provide support and encouragement to others through perspective-taking, empathy, and appreciation for diversity.	S02: Building Connections S03: Building Community S04: Middle School Mythbusting (Worries & Wonders) S06: Developing Community Agreements S07: Middle School Mythbusting (Expert Explorers) S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S24: Listening with Empathy S25: Exercising Perspective-Taking S26: Connecting Through Perspective-Taking S30: Becoming A Better Friend S32: Helping Others Resolve Conflict (Saying I'm Sorry) S33: Choose Kindness	S02: Building Connections S03: Building Community S04: Developing Community Agreements S17: Building Social Awareness S18: Understanding Effective Empathy (Choosing to Care) S19: Acting with Empathy S20: Practicing Effective Empathy	S02: Building Connections S03: Building Community S04: Developing Community Agreements S25: Practicing Effective Teamwork for Impact S26: Regulating Emotions on a Team (The Team in Teamwork) S28: Listening and Empathy on a Team (Team Listening) S29: Exercising Listening on a Team (Team Creativity) S33: Understanding Selflessness, pt 1 S34: Understanding Selflessness, pt 2
	<ul style="list-style-type: none"> Social Awareness 	6. Learners will be able to recognize expressions of empathy in society and communities.	S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S24: Listening With Empathy S25: Exercising Perspective-Taking S26: Connecting Through Perspective-Taking S30: Becoming A Better Friend	S17: Building Social Awareness S18: Understanding Effective Empathy (Choosing to Care) S19: Acting with Empathy S20: Practicing Effective Empathy	S28: Listening and Empathy on a Team (Team Listening) S33: Understanding Selflessness, pt 1 S34: Understanding Selflessness, pt 2
SELF-CONCEPT <i>Develop positive self-identity and recognize self as a lifelong learner</i>	<ul style="list-style-type: none"> Self-Awareness 	7. Learners will be able to use optimism and a "growth mindset" to recognize strengths in self in order to describe and prioritize personal skills and interests they want to develop.	S34: Remembering This Year S35: Final Reflections	S23: Well-Being In Practice S24: Developing Well-Being Habits S30: Growth Mindset S35: Final Reflections	S06: Envisioning Your Future (Dreams Ahead) S09: Connecting Your Future & This Year (Planning Ahead) S13: Happiness Mythbusting S14: Happiness Self-Acceptance S22: Regulating Emotions in Academics (Overcoming Obstacles) S30: Grit and Willpower S35: Final Reflections



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SELF-CONCEPT <i>Develop positive self-identity and recognize self as a lifelong learner</i>	<ul style="list-style-type: none"> Self Awareness 	8. Learners will be able to self-reflect on their values and beliefs and how their behaviors relate to those values and beliefs.	S05: Understanding the CharacterDare Process S10: Values Exploration S12: Practicing Values (What's Important to Us?) S19: Using Values in Conflict Resolution	S05: The CharacterDare S06: What Do We Value?, pt 1 S07: What Do We Value?, pt 2 S08: What Do We Value?, pt 3 S31: Real Life Respect, pt 1	S05: The CharacterDare S07: Connecting Your Future & High School (The Story of Values) S08: Values & Your Future in High School (The Story of Values) S10: Developing Values as Guides S11: Creating Goals S12: Making Positive Habits S20: Connecting Emotion Regulation and Values S23: Using Values to Increase Belonging (Our Influences)
	<ul style="list-style-type: none"> Self-Awareness & Social-Awareness 	9. Learners will be able to identify how family and culture impact their thoughts and actions.	S02: Building Connections S03: Building Community S12: Practicing Values (What's Important to Us?)	S02: Building Connections S03: Building Community S06: What Do We Value?, pt 1 S07: What Do We Value?, pt 2	S02: Building Connections S03: Building Community S10: Developing Values as Guides
	<ul style="list-style-type: none"> Self-Management 	10. Learners will be able to consistently set attainable, realistic goals, and persist until their goals are achieved.	S05: Understanding the CharacterDare Process S27: Connecting Motivation & Emotions S35: Final Reflections	S05: The CharacterDare S06: What Do We Value?, pt 1 S07: What Do We Value?, pt 2 S24: Developing Well-Being Habits S30: Growth Mindset S35: Final Reflections	S05: The CharacterDare S06: Envisioning Your Future (Dreams Ahead) S09: Connecting Your Future & This Year (Planning Ahead) S11: Creating Goals S12: Making Positive Habits S20: Connecting Emotion Regulation and Values S22: Regulating Emotions in Academics S30: Grit and Willpower S31: Strengthening Commitment, pt 1 S32: Strengthening Commitment, pt 2



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<p>SELF-CONCEPT</p> <p><i>Develop positive self-identity and recognize self as a lifelong learner</i></p>	<ul style="list-style-type: none"> Self-Awareness & Self-Management 	<p>11 Learners will be able to identify successes and challenges, and how they can learn from them.</p>	<p>S05: Understanding the CharacterDare Proces S11: Understanding Values (Values in Community) S34: Remembering This Year S35: Final Reflections</p>	<p>S05: The CharacerDare S06: What Do We Value?, pt 1 S30: Growth Mindset S34: Promoting Honesty, pt 2 S35: Final Reflections</p>	<p>S05: The CharacerDare S06: Envisioning Your Future (Dreams Ahead) S11: Creating Goals S22: Regulating Emotions in Academics (Overcoming Obstacles) S27: Developing Strategies for Teamwork Challenges S30: Grit and Willpower S31: Strengthening Commitment, pt.1 S35: Final Reflections</p>
<p>SOCIAL COMPETENCE</p> <p><i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i></p>	<ul style="list-style-type: none"> Social Awareness 	<p>12. Learners will be able to show respect for other people's perspectives.</p>	<p>S02: Building Connections S03: Building Community S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S25: Exercising Perspective-Taking S26: Connecting Through Perspective-Taking</p>	<p>S02: Building Connections S03: Building Community S17: Building Social Awareness S18: Understanding Effective Empathy (Choosing to Care) S19: Acting with Empathy S20: Practicing Effective Empathy S27: Learning to Compromise S28: Handling Conflict S29: Reflecting on Conflict S31: Real Life Respect, pt 1 S32: Real Life Respect, pt 2</p>	<p>S02: Building Connections S03: Building Community S25: Practicing Effective Teamwork for Impact S26: Regulating Emotions on a Team (The Team in Teamwork) S28: Listening and Empathy on a Team (Team Listening) S29: Exercising Listening on a Team (Team Creativity)</p>
	<ul style="list-style-type: none"> Social Awareness 	<p>13. Learners will be able to reflect how cross-cultural experiences can influence their ability to build positive relationships.</p>	<p>S02: Building Connections S03: Building Community S08: Meeting New People S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S21: Developing Friendships</p>	<p>S02: Building Connections S03: Building Community S17: Building Social Awareness</p>	<p>S02: Building Connections S03: Building Community S23: Using Values to Increase Belonging (Our Influences)</p>
	<ul style="list-style-type: none"> Social Awareness 	<p>14. Learners will be able to identify discrimination of individuals and groups based upon perceived differences.</p>	<p>S26: Connecting Through Perspective-Taking</p>	<p>S17: Building Social Awareness S18: Understanding Effective Empathy (Choosing to Care) S19: Acting with Empathy S32: Real Life Respect, pt 2</p>	<p>S28: Listening and Empathy on a Team (Team Listening) S29: Exercising Listening on a Team (Team Creativity)</p>



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SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	<ul style="list-style-type: none"> Relationship Skills 	15. Learners will be able to recognize the emotional, physical, social, and other costs of negative relationships.	S06: Developing Community Agreements' S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution	S04: Developing Community Agreements S21: Understanding Mental Health & Well-Being S22: Exercising Well-Being S23: Well-Being In Practice S28: Handling Conflict S29: Reflecting on Conflict S32: Real Life Respect, pt 2	S04: Developing Community Agreements S23: Using Values to Increase Belonging (Our Influences) S24: Understanding the Value of Teamwork S25: Practicing Effective Teamwork for Impact S26: Regulating Emotions on a Team (The Team in Teamwork) S27: Developing Strategies for Teamwork Challenges S28: Listening and Empathy on a Team (Team Listening) S29: Exercising Listening on a Team (Team Creativity)
	<ul style="list-style-type: none"> Relationship Skills 	16. Learners will be able to use active listening and assertive, clear communication when expressing thoughts and ideas.	S13: Building Listening Skills S14: Listening Practice S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S20: Understanding Conflict Resolution S23: Applying Listening Skills S24: Listening with Empathy S26: Connecting Through Perspective-Taking S31: Resolving Conflicts with Friends	S25: Communicating with Assertiveness S26: Practicing Assertiveness S28: Handling Conflict S29: Reflecting on Conflict	S27: Developing Strategies for Teamwork Challenges S28: Listening and Empathy on a Team (Team Listening) S29: Exercising Listening on a Team (Team Creativity)
	<ul style="list-style-type: none"> Relationship Skills 	17. Learners will be able to recognize and respond appropriately to constructive feedback.	S35: Final Reflections	S30: Growth Mindset S35: Final Reflections	S30: Grit and Willpower S31: Strengthening Commitment, pt 1 S32: Strengthening Commitment, pt 2 S35: Final Reflections



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SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	<ul style="list-style-type: none"> Relationship Skills 	18. Learners will be able to work cooperatively and productively in a group and overcome setbacks and disagreements.	S06: Developing Community Agreements S15: Understanding Others' Perspectives S25: Exercising Perspective-Taking S26: Connecting Through Perspective-Taking S31: Resolving Conflicts with Friends	S04: Developing Community Agreements S24: Developing Well-Being Habits S28: Handling Conflict S29: Reflecting on Conflict S32: Real Life Respect, pt 2	S23: Using Values to Increase Belonging (Our Influences) S24: Understanding the Value of Teamwork S25: Practicing Effective Teamwork for Impact S26: Regulating Emotions on a Team (The Team in Teamwork) S27: Developing Strategies for Teamwork Challenges S29: Exercising Listening on a Team (Team Creativity)
	<ul style="list-style-type: none"> Relationship Skills 	19. Learners will be able to apply negotiation skills and conflict resolution skills to resolve differences.	S19: Using Values in Conflict Resolution S20: Practicing Conflict Resolution S31: Resolving Conflicts with Friends S32: Helping Others Resolve Conflict (Saying I'm Sorry)	S28: Handling Conflict S29: Reflecting on Conflict	S23: Using Values to Increase Belonging (Our Influences) S25: Practicing Effective Teamwork for Impact S26: Regulating Emotions on a Team (The Team in Teamwork) S27: Developing Strategies for Teamwork Challenges S29: Exercising Listening on a Team (Team Creativity)
	<ul style="list-style-type: none"> Decision Making 	20. Learners will be able to generate a variety of solutions and outcomes to a problem with consideration of wellbeing for oneself and others	S20: Understanding Conflict Resolution S25: Exercising Perspective-Taking S31: Resolving Conflicts with Friends	S22: Exercising Well-Being S23: Well-Being In Practice S27: Learning to Compromise S32: Real Life Respect, pt 2 S34: Promoting Honesty, pt 2	S22: Regulating Emotions in Academics (Overcoming Obstacles) S23: Using Values to Increase Belonging (Our Influences) S25: Practicing Effective Teamwork for Impact S29: Exercising Listening on a Team (Team Creativity)
	<ul style="list-style-type: none"> Social Awareness 	21. Learners will be able to identify how social norms for behavior vary across different settings and within different cultures.	S06: Developing Community Agreements S08: Meeting New People S11: Understanding Values (Values in Community)	S04: Developing Community Agreements S32: Real Life Respect, pt 2	S04: Developing Community Agreements



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<p>SOCIAL COMPETENCE</p> <p><i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i></p>	<ul style="list-style-type: none"> Decision Making & Relationship Skills 	<p>22. Learners will be able to identify the impact of their decisions on personal safety and relationships.</p>	<p>S06: Developing Community Agreements S14: Listening Practice S16: Practicing Perspective-Taking S18: Regulating Emotions (Naming Emotions) S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S25: Exercising Perspective-Taking</p>	<p>S04: Developing Community Agreements S12: Practicing Emotion Regulation S13: Identifying Emotions S14: Understanding Stress S15: Stress Coping Strategies S17: Building Social Awareness S18: Understanding Effective Empathy (Choosing to Care) S19: Acting with Empathy S20: Practicing Effective Empathy S21: Understanding Mental Health & Well-Being S22: Exercising Well-Being S23: Well-Being In Practice S24: Developing Well-Being Habits S33: Promoting Honesty, pt 1</p>	<p>S04: Developing Community Agreements S07: Connecting Your Future & High School (The Story of Values) S08: Values & Your Future in High School (The Story of Values) S09: Connecting Your Future & This Year (Planning Ahead) S12: Making Positive Habits S19: Building an Emotions Toolbox S20: Connecting Emotion Regulation and Values S21: Practicing Emotion Regulation S22: Regulating Emotions in Academics (Overcoming Obstacles) S23: Using Values to Increase Belonging (Our Influences) S26: Regulating Emotions on a Team (The Team in Teamwork) S27: Developing Strategies for Teamwork Challenges S28: Listening and Empathy on a Team (Team Listening) S29: Exercising Listening on a Team (Team Creativity) S30: Grit and Willpower S31: Strengthening Commitment, pt 1 S32: Strengthening Commitment, pt 2 S33: Understanding Selflessness, pt 1 S34: Understanding Selflessness, pt 2</p>



CHARACTERSTRONG MIDDLE SCHOOL CURRICULUM

Wisconsin SEL Standards Alignment

WI Competency	CASEL Domain	Knowledge and Skills	Grade 6	Grade 7	Grade 8
<p>SOCIAL COMPETENCE</p> <p><i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i></p>	<ul style="list-style-type: none"> Social Awareness & Relationship Skills 	<p>23. Learners will be able to advocate for themselves.</p>	<p>S09: Get to Know Your School S19: Using Values in Conflict Resolution S23: Applying Listening Skills S31: Resolving Conflicts with Friends</p>	<p>S25: Communicating with Assertiveness S26: Practicing Assertiveness S27: Learning to Compromise S28: Handling Conflict S29: Reflecting on Conflict S32: Real Life Respect, pt 2 S33: Promoting Honesty, pt 1</p>	<p>S08: Values & Your Future in High School (The Story of Values) S23: Using Values to Increase Belonging (Our Influences)</p>
	<ul style="list-style-type: none"> Decision Making, Social Awareness, & Relationship Skills 	<p>24 Learners will be able to, with adult guidance, create an action plan that addresses a need in the classroom, school, or community.</p>	<p>S08: Meeting New People S09: Get to Know Your School S32: Helping Others Resolve Conflict (Saying I'm Sorry) S33: Choose Kindness S35: Final Reflections</p>	<p>S16: Understanding Community Connections S32: Real Life Respect, pt 2 S34: Promoting Honesty, pt 2</p>	<p>S22: Regulating Emotions in Academics (Overcoming Obstacles) S23: Using Values to Increase Belonging (Our Influences) S25: Practicing Effective Teamwork for Impact S29: Exercising Listening on a Team (Team Creativity)</p>



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 9	Grade 10
SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	• Self Awareness	1. Learners will be able to recognize and label a variety of graded emotions in self and others as they occur and evolve over time	S08: Worries & Wonders: Belonging S09: Worries & Wonders: Tests S10: Stress & Coping S13: Helpful Helping S14: Helpful Supports S17: Giving Support to Friends S19: Self-Awareness	S06: Mental Health Foundations, pt 1 S07: Mental Health Foundations, pt 2 S12: Society & Well-Being S14: Stress & Coping, pt 1 S15: Stress & Coping, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2
	• Self-Management	2. Learners will be able to express their emotions in an appropriate and respectful manner in different environments, with different audiences, using a variety of modalities (e.g., verbal and nonverbal).	S04: Community Agreements S12: Practicing Perspective-Taking	S04: Community Agreements S15: Stress & Coping, pt 2 S18: Practicing Forgiveness, pt 2 S20: Building Empathy, pt 2
	• Self-Management	3. Learners will be able to consistently use appropriate calming and coping strategies when dealing with strong emotions.	S10: Stress & Coping S13: Helpful Helping S17: Giving Support to Friends	S12: Society & Well-Being S14: Stress & Coping, pt 1 S15: Stress & Coping, pt 2
	• Focus Attention	4. Learners will be able to independently use organizational skills and strategies to focus attention by working toward long-term personal and academic goals.	S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: To Be Lists, pt 3 S09: Worries & Wonders: Tests S16: Connecting Values & Friendship S24: Developing Future Plans	S09: To Be Goal, pt 1 S10: To Be Goal, pt 2 S11: To Be Goal, pt 3 S13: Staying True to Your Values S16: Growth Mindset S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 9	Grade 10
SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	• Self-Awareness	5. Learners will be able to demonstrate empathy to others who have different views and beliefs.	S02: Building Connections S03: Building Community S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking S13: Helpful Helping S20: Deep Kindness, pt 1	S02: Building Connections S03: Building Community S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2
	• Self-Management	6. Learners will be able to evaluate verbal, physical, and environmental cues to predict and respond to the emotions of others.	S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking S13: Helpful Helping S15: Social Belonging S20: Deep Kindness, pt 1 S21: Deep Kindness, pt 2	S19: Building Empathy, pt 1 S20: Building Empathy, pt 2
SELF-CONCEPT <i>Develop positive self-identity and recognize self as a lifelong learner</i>	• Self-Awareness	7. Learners will be able to set priorities to build personal strengths, grow in their learning, recognize barriers, and employ solutions.	S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: To Be Lists, pt 3 S15: Social Belonging S18: Staying True to You S19: Self-Awareness	S09: To Be Goal, pt 1 S10: To Be Goal, pt 2 S11: To Be Goal, pt 3 S13: Staying True to Your Values S16: Growth Mindset S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2
	• Self-Awareness	8. Learners will be able to use self-reflection to determine if their behavior is reflective of their personal values and modify behavior to match their beliefs.	S06: To Be Lists, pt 1 S07: To Be Lists, Pt 2 S16: Connecting Values & Friendship S17: Giving Support to Friends S18: Staying True to You S19: Self-Awareness S22: Honesty in Relationships, pt 1 S23: Honesty in Relationships, pt 2 S25: Reflections	S09: To Be Goal, pt 1 S10: To Be Goal, pt 2 S11: To Be Goal, pt 3 S13: Staying True to Your Values S21: Creating Well-Being Habits, pt 1 S24: Value Reflections



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SELF-CONCEPT <i>Develop positive self-identity and recognize self as a lifelong learner</i>	<ul style="list-style-type: none"> Self-Awareness & Social-Awareness 	9. Learners will be able to reflect on their own beliefs relative to different familial and societal norms.	S06: To Be Lists, Pt 1 S07: To Be Lists, Pt 2 S16: Connecting Values & Friendship S18: Staying True to You	S09: To Be Goal, pt 1 S10: To Be Goal, pt 2 S11: To Be Goal, pt 3 S13: Staying True to Your Values
	<ul style="list-style-type: none"> Self-Management 	10. Learners will be able to reflect on the progress of personal goals in order to adjust action steps and time frames as necessary.	S19: Self-Awarenes S24: Developing Future Plans S25: Reflections	S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2 S24: Value Reflections S25: Compliments & Celebrations
	<ul style="list-style-type: none"> Self-Awareness & Self-Management 	11. Learners will be able to recognize barriers to succeeding and identify supports to help themselves.	S08: Worries & Wonders: Belonging S09: Worries & Wonders: Tests S10: Stress & Coping S14: Helpful Supports S15: Social Belonging S17: Giving Support to Friends S18: Staying True to You S24: Developing Future Plans	S11: To Be Goal, pt 3 S12: Society & Well-Being S13: Staying True to Your Values S16: Growth Mindset S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2 S24: Value Reflections
SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	<ul style="list-style-type: none"> Social Awareness 	12. Learners will be able to identify positive ways to express understanding of differing perspectives.	S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking S20: Deep Kindness, pt 1 S21: Deep Kindness, pt 2	S19: Building Empathy, pt 1 S20: Building Empat
	<ul style="list-style-type: none"> Social Awareness 	13. Learners will be able to support the rights of individuals to reflect their family, culture, and community within the school setting.	S04: Community Agreements S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking S13: Helpful Helping S20: Deep Kindness, pt 1 S21: Deep Kindness, pt 2	S04: Community Agreements S13: Staying True to Your Values S19: Building Empathy, pt 1 S20: Building Empathy, pt 2



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SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	• Social Awareness	14. Learners will be able to assess for personal bias and evaluate strategies to oppose stereotyping	S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking	S20: Building Empathy, pt 2
	• Relationship Skills	15. Learners will be able to independently seek and sustain positive, supportive relationships.	S02: Building Connections S03: Building Community S13: Helpful Helping S14: Helpful Supports S16: Connecting Values & Friendship S17: Giving Supports to Friends S21: Deep Kindness, pt 2 S23: Honesty in Relationships, pt 2	S02: Building Connections S03: Building Community S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2
	• Relationship Skills	16. Learners will be able to use assertive communication, including refusals, to get their needs met without negatively impacting others.	S23: Honesty in Relationships, pt 2	S13: Staying True to Your Values S18: Practicing Forgiveness, pt 2
	• Relationship Skills	17. Learners will be able to accept constructive feedback.	S08: Worries & Wonders: Belonging S09: Worries & Wonders: Tests S23: Honesty in Relationships, pt 2 S25: Reflections	S16: Growth Mindset S24: Value Reflections
	• Relationship Skills	18. Learners will be able to formulate group goals and work through an agreed upon plan.	S04: Community Agreements	S04: Community Agreements



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 9	Grade 10
SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	• Relationship Skills	19. Learners will be able to self-reflect on their role in a conflict to inform their behavior in the future.	S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking S18: Staying True to You S19: Self-Awareness S25: Reflections	S13: Staying True to Your Values S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 S24: Value Reflections
	• Decision Making	20. Learners will be able to apply steps of systemic decision making with consideration of well-being for oneself and others.	S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: To Be Lists, pt 3 S13: Helpful Helping S14: Helpful Supports S17: Giving Support to Friends S22: Honesty in Relationships, pt 1 S23: Honesty in Relationships, pt 2	S09: To Be Goal, pt 1 S10: To Be Goal, pt 2 S11: To Be Goal, pt 3 S12: Society & Well-Being S13: Staying True to Your Values S14: Stress & Coping, pt 1 S15: Stress & Coping, pt 2 S17: Practicing Forgiveness, pt 2 S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2
	• Social Awareness	21. Learners will be able to identify the purpose of social norms for behavior across situations and how these norms are influenced by public opinion.	S04: Community Agreements S22: Honesty in Relationships, pt 1	S04: Community Agreements S12: Society & Well-Being
	• Decision Making & Relationship Skills	22. Learners will be able to use negotiation and refusal skills to resist unwanted pressures and maintain personal health and safety.	S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking S18: Staying True to You S19: Self-Awareness S25: Reflections	S13: Staying True to Your Values S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 S24: Value Reflections



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 9	Grade 10
<p>SOCIAL COMPETENCE</p> <p><i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i></p>	<ul style="list-style-type: none"> Social Awareness & Relationship Skills 	<p>23. Learners will be able to advocate for their needs and the needs of others by utilizing educational and community support networks.</p>	<p>S13: Helpful Helping S14: Helpful Supports S15: Social Belonging S17: Giving Support to Friends</p>	<p>S13: Staying True to Your Values</p>
	<ul style="list-style-type: none"> Decision Making, Social Awareness, & Relationship Skills 	<p>24. Learners will be able to independently create an action plan that addresses real needs in the classroom, school, and community.</p>	<p>S04: Community Agreements S21: Deep Kindness, pt 2 S24: Developing Future Plans</p>	<p>S04: Community Agreements S11: To Be Goal, pt 3 S12: Society & Well-Being S14: Stress & Coping, pt 1 S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2 S24: Value Reflections</p>



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 11	Grade 12
EMOTIONAL DEVELOPMENT <i>Understand and manage one's emotions</i>	<ul style="list-style-type: none"> Self Awareness 	1. Learners will be able to identify how the process of recognizing and labeling emotions informs thinking and influences relationships.	S07: Mental Health & Well-being, pt 1 S08: Mental Health & Well-being, pt 2 S14: Identifying Barriers to Belonging, pt 2 S22: The Power of Gratitude S23: Purposeful Happiness	S12: Well-Being Habits, pt 1 S16: Effective Empathy S17: Expanding Empathy S23: Deep Kindness S24: Meaningful Gratitude
	<ul style="list-style-type: none"> Self-Management 	2. Learners will be able to understand and explain how their expression of emotions can influence how others respond to them.	S07: Mental Health & Well-being, pt 1 S08: Mental Health & Well-being, pt 2 S18: Growing Patience, pt 2 S22: The Power of Gratitude	S07: What Does it Mean to Lead? S23: Deep Kindness S24: Meaningful Gratitude
	<ul style="list-style-type: none"> Self-Management 	3. Learners will be able to predict situations that will cause strong emotions, and plan and prepare to manage those emotions.	S14: Barriers to Belonging, pt 2 S15: Barriers to Belonging, pt 3 S16: Barriers to Belonging, pt 4 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2	S22: Developing Selflessness, Pt.2 S23: Deep Kindness
	<ul style="list-style-type: none"> Focus Attention 	4. Learners will employ focusing skills independently and understand their importance in achieving important goals in times of adversity.	S08: Mental Health & Well-Being, pt 2 S14: Barriers to Belonging, pt 2 S16: Barriers to Belonging, pt 4 S20: Skill Development S21: Improving Habits S24: A Letter to Self	S10: Dream Discussions S12: Well-Being Habits, pt 1 S13: Well-Being Habits, pt 2 S14: Making Time S20: Real Life Commitment



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 11	Grade 12
EMOTIONAL DEVELOPMENT <i>Understand and manage one's emotions</i>	• Social Awareness	5. Learners will be able to demonstrate connectedness, through empathy and engagement to their communities.	S13: Identifying Barriers to Belonging, pt 1 S14: Identifying Barriers to Belonging, pt 2 S15: Identifying Barriers to Belonging, pt 3 S16: Identifying Barriers to Belonging, pt 4	S11: Selfless Pursuits S16: Effective Empathy S17: Expanding Empathy S18: Practicing Perspective-Getting S21: Developing Selflessness, pt 1 S22: Developing Selflessness, pt 2 S23: Deep Kindness
	• Social Awareness	6. Learners will be able to evaluate verbal, physical, social, cultural, and environmental cues to predict and respond to the emotions of others.	S10: Hearing Others' Stories S11: Connecting Through Story S12: Reflecting on Our Stories S15: Identifying Barriers to Belonging, pt 3 S16: Identifying Barriers to Belonging, pt 4	S11: Selfless Pursuits S16: Effective Empathy S17: Expanding Empathy S18: Practicing Perspective-Getting
SELF-CONCEPT <i>Develop positive self-identity and recognize self as a lifelong learner</i>	• Self-Awareness	7. Learners will be able to maintain a "growth mind set" about their abilities to succeed and grow and will persist through challenges.	S08: Mental Health & Well-being, pt 2 S14: Barriers to Belonging, pt 2 S15: Barriers to Belonging, pt 3 S16: Barriers to Belonging, pt 4 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S20: Skill Development S21: Improving Habits S24: A Letter to Self	S08: Purpose For Learning S10: Dream Discussions S12: Well-Being Habits, pt 1 S13: Well-Being Habits, pt 2 S15: Practicing Leadership S19: Expanding Social Awareness S20: Real Life Commitment S22: Developing Selflessness, Pt.2
	• Self-Awareness	8. Learners will be able to use self-reflection to assess their behavior for authenticity, honesty, and respect and articulate how this impacts their greater community.	S09: Understanding Ourselves S19: Self-Awareness S20: Skill Development S21: Improving Habits	S22: Developing Selflessness, pt 2 S23: Deep Kindness S25: Reflections



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 11	Grade 12
SELF-CONCEPT <i>Develop positive self-identity and recognize self as a lifelong learner</i>	<ul style="list-style-type: none"> Self-Awareness & Social-Awareness 	9. Learners will be able to explain how their beliefs can impact their growth and success, and advocate for their beliefs.	S09: Understanding Ourselves S14: Barriers to Belonging, pt 2 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S20: Skill Development S21: Improving Habits	S10: Dream Discussions S11: Selfless Pursuits S24: Meaningful Gratitude
	<ul style="list-style-type: none"> Self-Management 	10. Learners will be able to set short- and long-term group goals, and create a plan to execute those goals. They will be able to analyze progress and collaborate to adjust goals when needed.	S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S16: Barriers to Belonging, pt 4 S20: Skill Development S21: Improving Habits S25: Reflections	S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S09: Pursuing Purpose S10: Dream Discussions S12: Well-Being Habits, pt 1
	<ul style="list-style-type: none"> Self-Awareness & Self-Management 	11. Learners will be able to demonstrate perseverance when dealing with challenges and adversity	S08: Mental Health & Well-being, pt 2 S16: Barriers to Belonging, pt 4	S18: Practicing Perspective-Getting S20: Real Life Commitment
SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	<ul style="list-style-type: none"> Social Awareness 	12. Learners will be able to demonstrate conversational skills to determine the perspective of others.	S10: Hearing Others' Stories S11: Connecting Through Story S12: Reflecting on Our Stories S14: Barriers to Belonging, pt 2	S11: Selfless Pursuits S16: Effective Empathy S17: Expanding Empathy S18: Practicing Perspective-Getting S21: Developing Selflessness, pt 1 S22: Developing Selflessness, pt 2 S23: Deep Kindness



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 11	Grade 12
SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	• Social Awareness	13. Learners will be able to support the rights of all individuals to reflect their family, culture, and community in society.	S02: Building Connections S03: Building Community S04: Community Agreements S14: Barriers to Belonging, pt 2 S15: Barriers to Belonging, pt 3 S16: Barriers to Belonging, pt 4	S02: Building Connections S03: Building Community S04: Community Agreements S09: Pursuing Purpose S11: Selfless Pursuits S15: Practicing Leadership S17: Expanding Empathy S18: Practicing Perspective-Getting S19: Expanding Social Awareness
	• Social Awareness	14 Learners will be able to develop ethical arguments from a variety of ethical positions to evaluate societal norms.	S14: Barriers to Belonging, pt 2	S20: Real Life Commitment
	• Relationship Skills	15 Learners will be able to maintain positive relationships and use effective strategies (e.g., boundary setting, stating your needs, and recognizing warning signs) to avoid negative relationships.	S04: Community Agreements S14: Barriers to Belonging, pt 2 S16: Barriers to Belonging, pt 4 S19: Self-Awareness	S04: Community Agreements S16: Effective Empathy S17: Expanding Empathy S18: Practicing Perspective-Getting S19: Expanding Social Awareness S20: Real Life Commitment
	• Relationship Skills	16. Learners will be able to use assertive communication, including refusals, in a variety of settings and with a variety of audiences to get their needs met, without negatively impacting others.	S19: Self-Awareness S16: Barriers to Belonging, pt 4	S20: Real Life Commitment



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 11	Grade 12
SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	<ul style="list-style-type: none"> Relationship Skills 	17. Learners will be able to evaluate constructive feedback and provide constructive feedback when needed.	S14: Barriers to Belonging, pt 2 S19: Self-Awareness S25: Reflections	S25: Reflections
	<ul style="list-style-type: none"> Relationship Skills 	18. Learners will be able to recognize how each group member's skills contribute toward group goals.	S03: Building Community S11: Connecting Through Story S12: Reflecting on Our Stories	S03: Building Community S09: Pursuing Purpose
	<ul style="list-style-type: none"> Relationship Skills 	19. Learners will be able to consistently resolve interpersonal conflicts across settings (e.g., school, work, community, and personal relationships).	S13: Identifying Barriers to Belonging, pt 1 S14: Identifying Barriers to Belonging, pt 2 S15: Identifying Barriers to Belonging, pt 3 S16: Identifying Barriers to Belonging, pt 4	S15: Practicing Leadership S17: Expanding Empathy S18: Practicing Perspective-Getting S20: Real Life Commitment
	<ul style="list-style-type: none"> Decision Making 	20. Learners will be able to consider a variety of factors (e.g., ethical, safety, and societal factors) in order to make decisions that promote productive social and work relations.	S04: Community Agreements S15: Identifying Barriers to Belonging, pt 3 S16: Identifying Barriers to Belonging, pt 4	S04: Community Agreements S11: Selfless Pursuits S15: Practicing Leadership S17: Expanding Empathy S18: Practicing Perspective-Getting S19: Expanding Social Awareness S20: Real Life Commitment S22: Developing Selflessness, Pt.2 S23: Deep Kindness



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WI Competency	CASEL Domain	Knowledge and Skills	Grade 11	Grade 12
SOCIAL COMPETENCE <i>Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large</i>	• Social Awareness	21. Learners will be able to evaluate the ways in which public opinion can be used to influence and shape public policy.	None	None
	• Decision Making & Relationship Skills	22. Learners will be able to evaluate factors that impact personal and community health and safety and apply appropriate preventative and protective strategies (e.g., health and wellness, sleep, healthy relationships).	S04: Community Agreements S07: Mental Health & Well-being, pt 1 S08: Mental Health & Well-being, pt 2 S12: Reflecting on Our Stories S13: Identifying Barriers to Belonging, pt 1 S14: Identifying Barriers to Belonging, pt 2 S15: Identifying Barriers to Belonging, pt 3 S16: Identifying Barriers to Belonging, pt 4 S23: Purposeful Happiness	S04: Community Agreements S12: Well-Being Habits, pt 1 S13: Well-Being Habits, pt 2 S14: Making Time
	• Social Awareness & Relationship Skills	23. Learners will be able to generate positive choices and proactively advocate for themselves and others across settings (e.g., school, community, work, and personal relationships).	S09: Understanding Ourselves S14: Barriers to Belonging, pt 2 S16: Barriers to Belonging, pt 4 S19: Self Awareness S24: A Letter to Self	S11: Selfless Pursuits S15: Practicing Leadership S19: Expanding Social Awareness S20: Real Life Commitment
	• Decision Making, Social Awareness, & Relationship Skills	24. Learners will be able to analyze opportunities to improve their community and engage in civic activities to influence issues impacting various communities.	S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S12: Reflecting on Our Stories S13: Identifying Barriers to Belonging, pt 1 S14: Identifying Barriers to Belonging, pt 2 S15: Identifying Barriers to Belonging, pt 3 S16: Identifying Barriers to Belonging, pt 4	S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S09: Pursuing Purpose S11: Selfless Pursuits S15: Practicing Leadership S20: Real Life Commitment S22: Developing Selflessness, Pt.2 S23: Deep Kindness