

SEL WORKBOOK
LESSON PLANS + ACTIVITIES

DYNAMIKE

WHAT'S HEARTFULNESS?

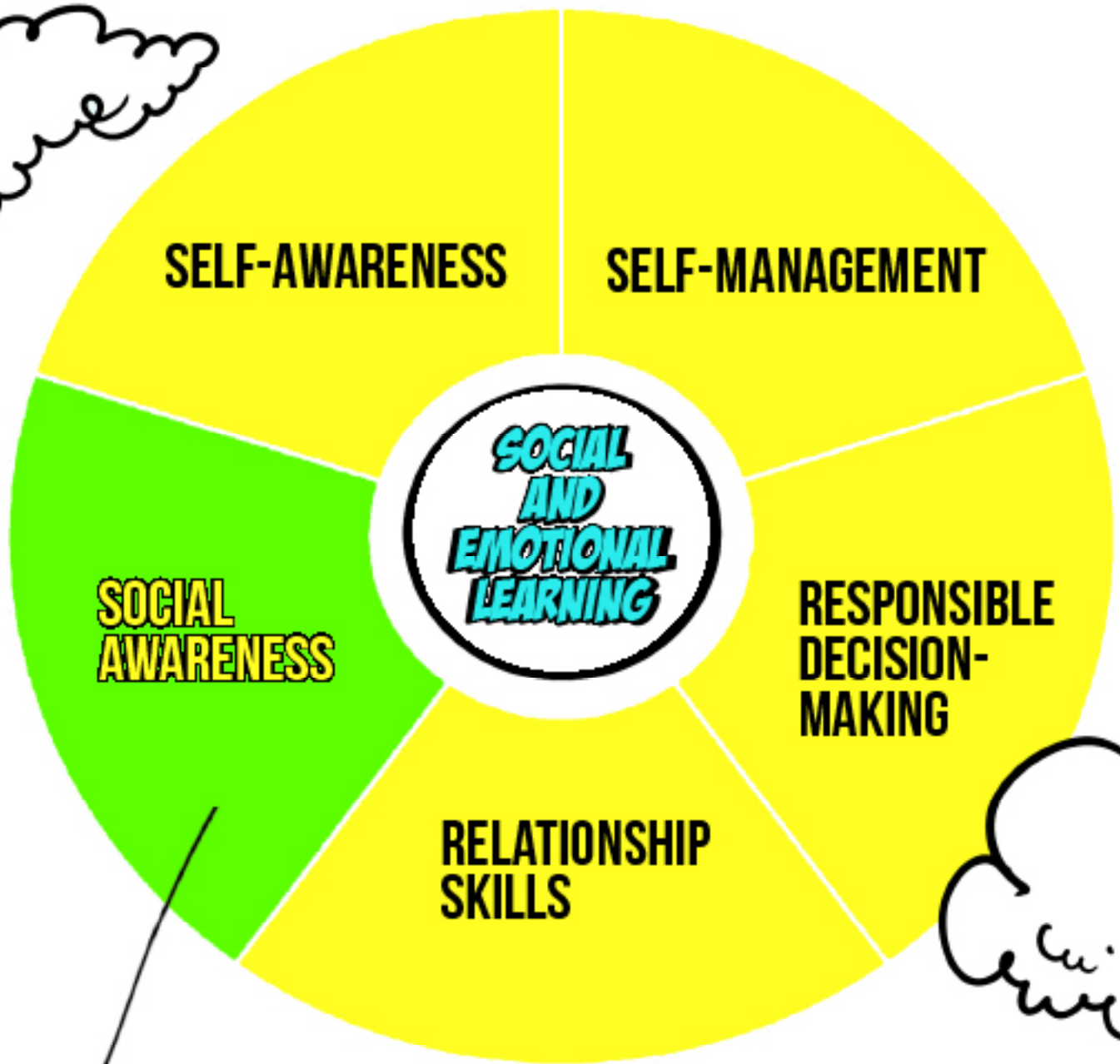


SOCIAL AND EMOTIONAL LEARNING

SEL Core Competencies

This curriculum is designed to help children develop skills for social-emotional learning. Each book highlights a specific core value that teaches kids everything from managing emotions and relationships to aiding in decision making and goal setting.

@DYNAMIKEBOOKS
WHAT'S HEARTFULNESS?



Social Awareness:

- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Accurate self-assessments of strengths and challenges
- Self-efficacy
- Optimism

