

NHS SEL Concepts Grade 4

CONCEPTS	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision-Making
	Identifying and recognising emotions; recognising personal interests and strengths; maintaining a well-grounded sense of self-confidence	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	Being able to take the perspective of and empathise with others; recognising and appreciating individual and group similarities and differences	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	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
CLASSROOM APPLICATIONS	<ul style="list-style-type: none"> • Goal setting • Reflection • Term letters to parents • Social learning • Skills 	<ul style="list-style-type: none"> • Role playing • Baby lessons • Civil rights unit • Goal setting • Social 	<ul style="list-style-type: none"> • Role playing • Baby lessons • Because of Winn-Dixie 	<ul style="list-style-type: none"> • Role playing • Baby lessons • Because of Winn-Dixie • Civil rights unit 	<ul style="list-style-type: none"> • Role playing • Baby lessons • Civil rights unit • Mike Caron • Group challenges

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	<ul style="list-style-type: none"> reflection • Helping kids strategize/to question/problem solve/advocate • Role playing • Baby lessons • Civil rights unit • Small group and team learning • Book groups • Fluid table grouping • Class meeting • Class constitution • Book buddies 	<ul style="list-style-type: none"> emotional skills • Structured recess • Student of the week • Small group • Book groups • Fluid table grouping • Class meeting • Class constitution • Book buddies • Picture books • Read alouds 	<ul style="list-style-type: none"> • Civil rights unit • Lunch bunch groups • Student of the week • How people change • Small groups • Book groups • Fluid table grouping • Class meeting • Class constitution • Book buddies • Picture books and read a-loud 	<ul style="list-style-type: none"> • Lunch Bunch • Groups • Student of the week • Mike Caron • Classroom challenges • Small groups and learning team • Book groups • Fluid table grouping • Class meeting • Class constitution • Book buddies • Picture books read aloud 	<ul style="list-style-type: none"> • Festival of Trees • Nursing home chorus • Pease greeters food drive • Community session • Small group and team learning • Book groups • Fluid table grouping • Class meeting • Class constitution • Book buddies • Picture books read a-louds
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