

# NHS SEL Concepts Grade 8

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
<b>CLASSROOM APPLICATIONS</b> (Due to the interdisciplinary nature of these concepts, it is not possible to separate them into distinguishable parts. Therefore, see the samples	Selected Sample: <b>Oratoricals:</b> Students select a topic they are personal interest and experience an in-depth inquiry process that culminates with a 3-5 minute speech performed in front of classmates, advisors and possibly the larger community at WHS.	Selected Sample: <b>Science labs:</b> Students work in small groups, with each student assigned to a “thinking role”, in order to conduct hands-on labs to further their understanding of the content. Students demonstrate	Selected Sample: <b>SS Inquiry Forums/Advisory:</b> Students work in groups of 10 with an advisor to create 5 different individual inquiry projects related to themes of social justice (i.e. immigration, industrialization,	Selected Sample: <b>Life Skills:</b> Students meet weekly in Life Skills classes. (See attached Life Skills common language information sheet and curriculum map)	Selected Sample: <b>Math and Reading Conferences:</b> Students conference with teachers one on one every two weeks to set goals based on individual needs. Students demonstrate the following SEL skills to be successful: motivating oneself to

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provided and note the attached newsletter.	Students demonstrate the following SEL skills to be successful: awareness of personal interests, self-motivation, confidence and poise in front of an audience.	the following SEL skills to be successful: collaboration in an open and honest manner, self-monitoring of behavior, sharing of questions and understandings.	conflict and the Holocaust) and United States History. Students demonstrate the following SEL skills to be successful: empathy, looking at multiple points of view, collaborating with an open mind, and support the growth of others.		persevere in overcoming obstacles, setting and monitoring progress toward the achievement of personal and academic goals.
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