



CASEL Competencies Alignment

Core Competencies	Tier 1 Lessons	Tier 2/3 Curriculum & Tools
Self-Awareness The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.	Body Positivity, Perseverance + Self-Talk, Building Positive Self-Esteem, Identifying Self-Worth, Identifying Personal Values, Self-Care Skills, Self-Love Skills, Defining Character + Reputation, Positive Self-Talk, Body Language Awareness, Identifying + Expressing Personal Views, Recognizing Tone of Voice, Growth Mindset, Identifying Strengths + Passions, Understanding Identity, Identifying Comfortable Feelings, Identifying Tough Feelings, Correlating Emotions with Physical Symptoms, Identifying Feelings, Identifying Worries, The Bad Seed Companion, The Big Cheese Companion, The Smart Cookie Companion, The Humble Pie Companion, Identifying Happy, Identifying Worry	Building Confidence + Self-Esteem, Grief + Loss Flipbook, Grief + Loss Toolkit, Positivity Flipbook
Self Management The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.	Personal Space, Thinking Before Speaking, Following Directions, Listening Skills, Perseverance Skills, Super Student Listening, Time Management, Ignoring Distractions, Connecting Effort to Outcome, Staying on Task, Test Taking Skills, Goal Setting, Organizing Skills, Transition to Middle School, Body Safety, Personal Safety, Digital Citizenship: Staying Safe, Calming Strategies, Coping Skills, Identifying Parts of the Brain + Regulation Skills, Mental Health + Wellness, Mindfulness, Resiliency Skills, The Couch Potato Companion, The Good Egg Companion, Bubble Gum Brain Companion, Be Where Your Feet Are Companion, A Flicker of Hope Companion, Hygiene	Managing Anger, Managing Worry, CBT-Based Emotional Regulation, Identifying + Managing Feelings, Self-Control + Emotional Regulation (Boys Group), Resiliency Skills, Attendance, Behavior Change Flipbook, Managing Feelings Flipbook, Thoughts-Feelings-Actions Flipbook, Study Skills Flipbook, Executive Functioning (Upper), Executive Functioning (Primary)

Note: Many resources align with multiple competencies. However, for clarity and ease of reference, each resource is listed only once in the alignment document under the competency it most directly supports.

Core Competencies	Tier 1 Lessons	Tier 2/3 Curriculum & Tools
Social Awareness The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.	Understanding Impact of Words, Social Filter, Perspective Taking, Being Caring, Empathy Skills, Compassion Skills, Defining Friendship, Understanding Diversity, Understanding Unfairness, Understanding Injustice, Understanding Stereotypes, Recognizing Injustices + Taking Action, Identifying Emotions in Others, Giving Thanks, Choosing Gratitude, The Sour Grape Companion, Better Than You Companion, Fun vs. Hurtful Words Companion, The Invisible Boy Companion	
Relationship Skills The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.	Sportsmanship, Teamwork + Sportsmanship, Assertive Skills, Giving + Receiving Compliments, Conversation Skills, Eliminating Gossip + Rumors, Building a Positive Community, Kind vs. Mean Words, Making Friends, Friendship Problems, Identifying Healthy Friendships, Setting Boundaries, Standing Up for Others, Delivering Apologies, Conflict Escalator, Conflict Resolution Strategies, I-Messages, Making Peaceful Choices, Problem Solving, Talk It Out, Playing Together Skills, Sharing + Taking Turns, Talk It Out I-Messages, Tattling vs. Reporting, Types of Conflict, How to Be an Upstander, The Cool Bean Companion, Sorry! Companion, I Can't Believe You Said That! Companion, Making Friends Is An Art! Companion	Making + Keeping Friends, Healthy Friendships (Girls Group), Social Skills (Upper), Social Skills (Lower), Conflict Resolution Flipbook, Making + Keeping Friends Flipbook
Responsible Decision-Making The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.	Identifying Choices + Consequences, Decision Making, Size of the Problem, Job Ownership, Circle of Control, Respect, Helpful vs. Unhelpful Thinking, Peer Pressure, Executive Functioning, Planning Skills, Flexible Thinking, Self-Control Skills, Digital Citizenship Respecting Yourself + Others, Responsibility + Problem Solving, Types of Jobs, Connecting Personality to Career, Connecting School to Career, Career Awareness, Learning Choices + Consequences, Post Secondary Pathways, Trouble Talk Companion, But It's Not My Fault Companion, Ricky Sticky Fingers Companion, That Rule Doesn't Apply to Me! Companion	Solution-Focused Flipbook, Behavior Intervention Guide, Self-Control + Decision Making Skills