

**March 11, 2024**

[The Collaborative for Academic, Social, and Emotional Learning (CASEL)](https://casel.org/wp-content/uploads/2020/12/CASEL-SEL-Framework-11.2020.pdf) addresses five interrelated competences: self-awareness, self-management, social awareness, relationship skills and responsible decision-making. The activities below focus on self-awareness and social awareness.

|  | **Self-Awareness** Accurately recognizing one’s own feelings and thoughts and their influence on behaviors. | **Social-Awareness**Taking the perspective of and empathizing with others. |
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| Self-Awareness includes:* Identifying emotions
* Self-perception/Identity
* Recognizing strengths
* Sense of self-confidence
* Self-efficacy
 | Social-Awareness includes:* Perspective-taking
* Empathy
* Appreciating diversity
* Respect for others
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| **Children** | Work with children to make age-appropriate faces to depict feeling/emotion. | Look at a picture with children and make facial expressions and identify how others feel. |
| **Adolescents** | Encourage adolescents to brainstorm things they can do to improve the way they feel. (e.g., “play with my dog,” “talk to my friend,” “listen to happy music”). | Encourage adolescents to imagine what it feels like being in someone else’s shoes is to ask themselves, “How would I feel in this situation?”  |
| **Adults** | Write/journal and share with partner/friend your feelings about a difficult situation. | Read a news story, social media post or other media and put yourself in the shoes of someone who has a different background or ideals than yourself. If possible, share how this experience has increased your empathy and expanded your awareness.  |
| **Additional** **Resources** | * Download free [character strengths](https://www.viacharacter.org/character-strengths) posters
* Take the [self-compassion test and view strategies](https://self-compassion.org/)
* [Managing Emotions in Times of Uncertainty & Stress](https://www.coursera.org/learn/managing-emotions-uncertainty-stress)
* Greater Good Science Center [keys to well-being](https://greatergood.berkeley.edu/key)
 | * [Sympathy vs. Empathy (3-minute video](https://www.youtube.com/watch?v=1Evwgu369Jw))
* [Simple strategies to take control of your social media use](https://www.humanetech.com/take-control)
* [Social awareness strategies for adolescents](http://actforyouth.net/youth_development/professionals/sel/social_awareness.cfm)
* Greater Good in Education [social awareness activities](https://ggie.berkeley.edu/my-well-being/sel-for-adults-social-awareness-and-relationship-skills/#tab__3)
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\*Some strategies are adapted from this CASEL resource “[Sample Teaching Activities to Support Core Competencies of Social and Emotional Learning](https://www.casel.org/wp-content/uploads/2017/08/Sample-Teaching-Activities-to-Support-Core-Competencies-8-20-17.pdf).“