



SEL REFLECTIONS TO SUPPORT

INTEGRITY:

SELF AWARENESS: WHAT FEELINGS ARE COMING UP FOR ME?

SELF-MANAGEMENT: HOW DO I CALM DOWN SO I CAN RESPOND SAFELY?

SOCIAL AWARENESS: IF I WERE IN THE OTHER PERSON'S SHOES, HOW MIGHT THIS MAKE ME FEEL?

RELATIONSHIP SKILLS: WHAT CAN I DO TO HELP THE SITUATION?

RESPONSIBLE-DECISION MAKING: WHEN THIS ACTION IS TAKEN, WHO IS IMPACTED? IN WHAT WAYS?

GROWTH MINDSET: HOW CAN THIS HELP ME TO GROW AS A PERSON?

Online Resources for

Families :

- Parenttoolkit.com
- www.scusd.edu/sel
- www.scusd.edu/parent-resources
- www.skillsyouneed.com

SEL Resources for Families

WE ARE. WE BELONG. WE CAN.

“Integrity is doing the right things, even if no one is looking.” C.S. Lewis

March SEL Theme: Integrity

Integrity can be a very abstract concept to teach and reinforce with children. It requires having a strong understanding of what is wrong or right and the ability to empathize with others. Because a child’s brain isn’t fully developed until their mid 20s, the ability to properly evaluate the negative impact of poor choices can be extremely hard for kids to understand. To build this skill in stu-

dents, we must provide opportunities for students to discuss the consequences of actions. Understanding the impact of our actions will build the empathy needed to make choices that

benefit self and others.

Integrity



I am capable of being honest and ethical in all situations.

Practicing Integrity at Home!

- Ask questions that require thoughtful choice/actions, such as “What would you do if you saw your best friend steal something from your teacher’s desk?”
- Share real-life scenarios and ask, “What might be the right thing to do here?”
- Daily Check-ins: “What act of integrity did you observe or experience today?”