



# SOAR® Social-Emotional Learning Skills/Concepts

	SOAR® SEL Lesson		Skills/Concepts Covered
	Lesson #	Lesson Title	
Self	1	What Is Social-Emotional Learning?	<ul style="list-style-type: none"> <li>• Develop Mindsight</li> </ul>
	2	Who Am I?	<ul style="list-style-type: none"> <li>• Identify your strengths</li> <li>• Explore your personality</li> <li>• Establish your values</li> <li>• Determine “Who I am NOT?”</li> </ul>
	3	How Do I Feel?	<ul style="list-style-type: none"> <li>• Understand where feelings come from</li> <li>• Name feelings (and the power of doing so)</li> </ul>
	4	How Do I Think?	<ul style="list-style-type: none"> <li>• Understand where thoughts come from</li> <li>• Recognize schemas</li> <li>• Establish a growth mindset</li> <li>• Identify the Four Levels of Thinking</li> <li>• Understand the Paradox of Thought</li> </ul>
	5	How to Build a Growth Mindset	<ul style="list-style-type: none"> <li>• Decide to be resilient</li> <li>• Foster mindfulness</li> <li>• Practice self-reflection/journaling</li> <li>• Learn the power of gratitude</li> <li>• Establish self-care habits</li> <li>• Identify “What motivates me?”</li> </ul>
	6	How to Manage Emotions	<ul style="list-style-type: none"> <li>• Recognize triggers</li> <li>• Change feelings</li> <li>• Build emotional intelligence skills</li> <li>• Control anger/Impulse reactions</li> <li>• Recognize guilt/shame</li> <li>• Manage frustration</li> <li>• Responding to sadness &amp; depression</li> <li>• Identify signs of suicide &amp; getting help</li> <li>• Processing grief</li> </ul>
	7	How to Manage Stress & Anxiety	<ul style="list-style-type: none"> <li>• Manage stress</li> <li>• Handle anxiety</li> <li>• Build confidence</li> <li>• Respond appropriately to disappointments, setbacks, &amp; failure</li> <li>• Handle peer pressure</li> <li>• Adapt to new situations</li> </ul>
	8	How to Set Goals	<ul style="list-style-type: none"> <li>• Establish goals</li> <li>• Prioritize activities</li> </ul>
	9	How to Get Organized	<ul style="list-style-type: none"> <li>• Organize time</li> <li>• Organize school papers &amp; bookbag</li> <li>• Organize your space: bedroom &amp; locker</li> </ul>



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Others	10	How Do Others Think & Feel?	<ul style="list-style-type: none"> <li>Identify Fundamental Attribution Error</li> <li>Recognize others' perspectives (situations, feelings, levels of thinking, schema, etc.)</li> <li>Develop empathy</li> </ul>
	11	Diversity, not Division	<ul style="list-style-type: none"> <li>Appreciate diversity</li> <li>Respect others</li> </ul>
Align	12	Relationships: Connection thru Communication	<ul style="list-style-type: none"> <li>Recognize "Circles of Myself"</li> <li>Identify different types of relationships (family, friends, school/professional, romantic, etc.)</li> <li>Establish people you can ask for help (from "Circles of Myself")</li> </ul>
	13	How to Build Relationships & Communicate	<ul style="list-style-type: none"> <li>Build rapport + relationships</li> <li>Utilize effective speaking &amp; listening</li> <li>Avoid group-think</li> <li>Active listening</li> <li>Identify all components of communication</li> </ul>
	14	How to Work with Groups	<ul style="list-style-type: none"> <li>Work effectively on a team</li> <li>Manage conflicting ideas</li> <li>Leadership</li> </ul>
	15	How to Handle Relationship Challenges	<ul style="list-style-type: none"> <li>Establish boundaries</li> <li>Manage conflict</li> <li>Create win-win outcomes</li> <li>Handle miscommunication</li> <li>Handle pressure from others</li> </ul>
	16	Are You an Ally or a Bully?	<ul style="list-style-type: none"> <li>Be an ally</li> <li>Diffuse a bullying situation</li> <li>Support others: make peers feel welcome, avoid saying the wrong thing</li> <li>Resist making fun of someone in the name of "humor"</li> </ul>
Responsibility	17	How to Make Decisions	<ul style="list-style-type: none"> <li>Make decisions (with the best outcomes)</li> <li>Consider consequences</li> </ul>
	18	Responsibility in the Real World	<ul style="list-style-type: none"> <li>Identify your role in the world</li> <li>Practice ethical behavior</li> <li>Display professionalism</li> </ul>