

**Social and
Emotional
Aspects of
Learning**

**S
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Self-awareness

Understanding
my feelings

Knowing
myself

Knowing
myself as
others see me



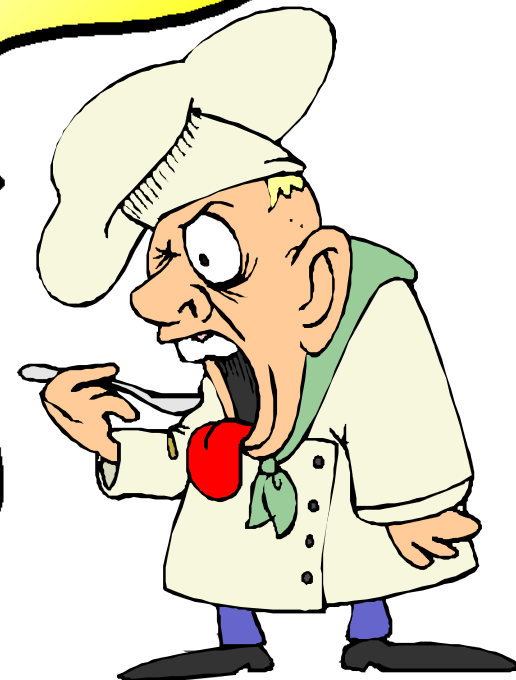
SELF

Managing Feelings

Expressing
emotions

Increasing
pleasant
feelings

Changing
uncomfortable
feelings



SEE ALL

Motivation

Working
towards
goals



Persistence,
resilience and
optimism



SEE ALL

Empathy

Understanding
the thoughts
and feelings of
others



Valuing and
supporting
others



SEE ALL

Social Skills

**Building and
maintaining
relationships**

**Solving
problems**

**Belonging
to groups**



**S
E
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