<table>
<thead>
<tr>
<th>CONCEPTS</th>
<th>Self Awareness</th>
<th>Self Management</th>
<th>Social Awareness</th>
<th>Relationship Skills</th>
<th>Responsible Decision Making</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Identifying and recognizing emotions; recognizing personal interests and strengths; maintaining a well-grounded sense of self-confidence</td>
<td>Regulating emotions to handle stress, control impulses, and motivating oneself to persevere in overcoming obstacles, setting and monitoring progress toward the achievement of personal and academic goals; expressing emotions appropriately</td>
<td>Being able to take the perspective of and empathize with others; recognizing and appreciating individual and group similarities and differences</td>
<td>Establishing and maintaining healthy and rewarding relationships based on cooperation and resistance to inappropriate social pressure; preventing, managing, and constructively resolving interpersonal conflict; seeking help when needed</td>
<td>Making decisions based on a consideration of all relevant factors, including applicable ethical standards, safety concerns, and social norms; the likely consequences of taking alternative courses of action; evaluation and reflection</td>
</tr>
</tbody>
</table>
### NHS SEL Concepts Grade 3

| CLASSROOM APPLICATIONS | How Are You Smart – multiple intelligences  
|                        | Knowing how to achieve success  
|                        | Goal setting and student led conferences  
|                        | Character analysis  
|                        | Reading body language  
|                        | Being aware of our own body language  
|                       | Perspective taking in group work and through read alouds  
|                       | Book Character analysis  
|                       | Classroom constitution  
|                       | Outdoor challenges  
|                       | Classroom community development  
|                       | Grade level challenges  
|                       | Book Character analysis  
|                       | Book clubs  
|                       | Read a-loud  
|                       | Classroom constitution  
|                       | Outdoor challenges  
|                       | Character analysis  
|                       | Celebrations of Friendship  
|                       | Presentation of work and learning to classmates and/or parents  
|                       | Cooperative learning challenges  
|                       | Classroom constitution  
|                       | Outdoor challenges  
|                       | Character analysis  
|                       | When do you advocate for yourself and for others  
|                       | How do you advocate for yourself and others  
|                       | Safe risk taking—academically and socially  
|