<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 recognising emotions; recognising 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 empathise with others; recognising 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 6

## CLASSROOM APPLICATIONS
- Merrowvista
- Life skills
- Town meeting
- Advisory
- GIT
- Committees
- Team challenges
- Differentiating instruction
- Community building activities
- Classroom group activities
- Literature Circles

## Merrowvista
- Life skills
- Town mtg
- Advisory
- GIT
- Committees
- Team challenges
- Agenda bounds website
- Daily Homework
- End of day check

## Merrowvista
- Town mtg
- Committees
- Team challenges
- Advisory
- Community building activities
- Classroom group activities
- Social studies
- Literature Circles

## Merrowvista
- Life skills
- Town mtg
- Advisory
- Committees
- Team challenges
- Advisory
- Community building activities
- Classroom group activities

## Merrowvista
- Life skills
- Town meeting
- Advisory
- GIT
- Team challenges
- Differentiating instrument
- Committees
- Community building activities
- Classroom group activities
- Problem solving
- Critical thinking skills