

# #SELday

#SELday is March 10th  
Let's CELEBRATE together!

## Social Emotional Learning (SEL) Skills

Reflect on the following SEL skills:

- **Self-Awareness**—My recognition of who I am, what I need and how I feel relative to the world around me.
- **Self-Management**—My ability to manage my emotions and behaviors, to complete a task or succeed in a challenging situation.
- **Social Awareness**—My demonstration of consideration for others and a desire to positively contribute to my community.
- **Relationship Skills**—My ability to use positive communication and social skills to interact effectively with others.
- **Decision Making**—My approach to problem solving that involves learning from others, from past experiences and using my values to guide my action and accepting responsibility for my decisions.

