



CHARACTERSTRONG MIDDLE SCHOOL SEL CASEL Framework

Anchor Standard	Capacities	Grade 6	Grade 7	Grade 8
<p>SELF-AWARENESS: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.</p>	<ul style="list-style-type: none"> Integrating personal and social identities Identifying personal, cultural, and linguistic assets Identifying one’s emotions Demonstrating honesty and integrity Linking feelings, values, and thoughts Examining prejudices and biases Experiencing self-efficacy Having a growth mindset Developing interests and a sense of purpose 	<p>S04: Middle School Mythbusting (Belonging) S05: Middle School Mythbusting (Test-Taking) S06: Developing Community Agreements S07: Understanding the CharacterDare Process S08: Get to Know Your School: Who’s Here? S10: Exploring Values S17: Understanding Emotions S18: Regulating Emotions, Part 1 S22: Strengthening Friendships S27: Connecting Motivation & Emotion S28: Regulating Emotions, Part 2 S33-35: Reflecting on the Year</p>	<p>S04: Developing Community Agreements S05: Identifying Values S06: Connecting Values & Actions S08: Understanding Emotions S09: Identifying Emotions S10: Expanding Emotion Vocabulary S15: Understanding Social Connections S20: Understanding Mental Health and Well-being S33-35: Reflecting on the Year</p>	<p>S04: Developing Community Agreements S05: Envisioning Your Future S07: Connecting You Future & High School S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S14-15: Understanding How Emotions Work S25: Regulating Emotions on a Team S26: Developing Strategies for Teamwork S27: Engaging in Empathy on a Team S29: Being School Leaders: Introduction S30: Being School Leaders: Plan S31: Being School Leaders: Develop S32: Being School Leaders: Execute S33: Being School Leaders: Evaluate S34-35: Reflecting on the Year</p>
<p>SELF-MANAGEMENT: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</p>	<ul style="list-style-type: none"> Managing one’s emotions Identifying and using stress-management strategies Exhibiting self-discipline and self-motivation Setting personal and collective goals Using planning and organizational skills Showing the courage to take initiative Demonstrating personal and collective agency 	<p>S07: Understanding the CharacterDare Process S17: Understanding Emotions S18: Regulating Emotions, Part 1 S27: Connecting Motivation & Emotion S33-35: Reflecting on the Year</p>	<p>S11: Practicing Emotion Regulation S12: Applying Emotion Regulation S13: Understanding Stress S14: Coping with Stress S34-35: Reflecting on the Year</p>	<p>S11: Evaluating Habits S16: Reflecting on Emotion Regulation S17: Practicing Self Regulation S18: Building an Emotion Regulation Toolbox S21: Regulating Emotions in Academics S25: Developing Strategies for Teamwork S26: Regulating Emotions on a Team S34-35: Reflecting on the Year</p>



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<p>SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.</p>	<ul style="list-style-type: none"> Taking others' perspectives Recognizing strengths in others Demonstrating empathy and compassion Showing concern for the feelings of others Understanding and expressing gratitude Identifying diverse social norms, including unjust ones Recognizing situational demands and opportunities Understanding the influences of organizations/systems on behavior 	<p>S04: Middle School Mythbusting (Belonging) S05: Middle School Mythbusting (Test-Taking) S06: Developing Community Agreements S10: Exploring Values S11: Understanding Values S12: Practicing Values S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S21: Developing Friendships S22: Strengthening Friendships S23: Applying Listening Skills, Part 2 S24: Listening with Empathy S25: Exercising Perspective-Taking S29: Making New Friends S30: Becoming a Better Friend S32: Helping Others Resolve Conflict S32: Helping Others Resolve Conflict</p>	<p>S02: Building Connections S06: Connecting Values & Actions S07: Applying Values S15: Understanding Social Connections S16: Developing Social Awareness S17: Understanding Effective Empathy S18: Recognizing When People Need Support S19: Practicing Effective Empathy S33-35: Reflecting on the Year</p>	<p>S02: Building Connections S06: Connecting Values & Your Future S22: Using Values to Increase Belonging S23: Understanding the Value of Teamwork S24: Practicing Effective Teamwork for Impact S25: Regulating Emotions on a Team S26: Developing Strategies for Teamwork Challenges S27: Engaging in Empathy on a Team S29: Being School Leaders: Introduction S30: Being School Leaders: Plan S31: Being School Leaders: Develop S32: Being School Leaders: Execute S33: Being School Leaders: Evaluate</p>
<p>RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</p>	<ul style="list-style-type: none"> Communicating effectively Developing positive relationships Demonstrating cultural competency Practicing teamwork and collaborative problem-solving Resolving conflicts constructively Resisting negative social pressure Showing leadership in groups Seeking or offering support and help when needed Standing up for the rights of others 	<p>S02: Building Connections S04: Middle School Mythbusting (Belonging) S08: Get to Know Your School: Who's Here? S09: Get to Know Your School: What's Here? S13: Building Listening Skills S14: Applying Listening Skills, Part 1 S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S21: Developing Friendships S22: Strengthening Friendships S23: Applying Listening Skills, Part 2 S24: Listening With Empathy S25: Exercising Perspective-Taking S29: Making New Friends S30: Becoming a Better Friend S31: Resolving Conflicts with Friends S32: Helping Others Resolve Conflicts</p>	<p>S02: Building Connections S19: Practicing Effective Empathy S24: Communicating with Assertiveness S25: Practicing Assertiveness S26: Learning to Compromise S27: Handling Conflict S28: Reflecting on Conflict Resolution</p>	<p>S02: Building Connections S19: Connecting Values & Emotion Regulation S23: Using Values to Increase Belonging S24: Practicing Effective Teamwork for Impact S25: Regulating Emotions on a Team S27: Engaging in Empathy on a Team S28: Exercising Listening on a Team</p>



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<p>RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</p>	<ul style="list-style-type: none"> • Demonstrating curiosity and open-mindedness • Identifying solutions for personal and social problems • Learning to make a reasoned judgment after analyzing information, data, facts • Anticipating and evaluating the consequences of one’s actions • Recognizing how critical thinking skills are useful both inside & outside of school • Reflecting on one’s role to promote personal, family, and community well-being • Evaluating personal, interpersonal, community, and institutional impacts 	<p>S04: Middle School Mythbusting (Belonging) S06: Developing Community Agreements S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S26: Connecting Through Perspective-Taking S31: Resolving Conflicts with Friends S33-34: Reflecting on the Year</p>	<p>S21: Exercising Well-Being S22: Increasing Personal Well-Being S23: Developing Well-Being Habits S27: Handling Conflict S29-32: Well-Being in Action S33-35: Reflecting on the Year</p>	<p>S08: Connecting Your Future & This Year S10: Building Positive Habits S11: Evaluating Habits S17: Practicing Self-Regulation S18: Building an Emotion Regulation Toolbox S19: Connecting Values & Emotion Regulation S20: Practicing Emotion Regulation S21: Regulating Emotions in Academics S23: Understanding the Value of Teamwork S24: Practicing Effective Teamwork for Impact S25: Regulating Emotions on a Team S27: Engaging in Empathy on a Team S29: Being School Leaders: Introduction S30: Being School Leaders: Plan S31: Being School Leaders: Develop S32: Being School Leaders: Execute S33: Being School Leaders: Evaluate</p>



ASCA Mindsets & Behaviors Alignment

Category	Standards	Grade 6	Grade 7	Grade 8
Mindset Standards	M1: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being	S04: Middle School Mythbusting (Belonging) S07: Understanding the CharacterDare Process S10: Exploring Values S13: Building Listening Skills S14: Applying Listening Skills: Part 1 S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S33-35: Reflecting On The Year	S09: Identifying Emotions S10: Expanding Emotion Vocabulary S11: Practicing Emotion Regulation S12: Applying Emotion Regulation S14: Coping with Stress S20: Understanding Mental Health & Well-Being S21: Exercising Well-Being S23: Developing Well-Being Habits S29-32: Well-Being In Action S33-35: Reflecting On The Year	S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S14-15: Understanding How Emotions Work S20: Practicing Emotion Regulation
	M2: Sense of acceptance, respect, support and inclusion for self and others in the school environment	S02: Building Connections S08: Get to Know Your School: Who's Here? S09: Get to Know Your School: What's Here? S10: Exploring Values S29: Making New Friends S30: Becoming A Better Friend	S02: Building Connections S15: Understanding Social Connections S17: Understanding Effective Empathy S18: Recognizing When People Need Support S19: Practicing Effective Empathy	S02: Building Connections S22: Using Values to Increase Belonging S23: Understanding the Value of Teamwork S24: Practicing Effective Teamwork for Impact
	M3: Positive attitude toward work and learning	S33-35: Reflecting On The Year	S05: Identifying Values S06: Connecting Values & Actions	S06: Connecting Values & Your Future S07: Connecting Your Future & This Year S21: Regulating Emotions in Academics
	M4: Self-confidence in ability to succeed	S05: Middle School Mythbusting (Test-Taking) S06: Developing Community Agreements S07: Understanding the CharacterDare Process	S04: Developing Community Agreements S24: Communicating with Assertiveness S25: Practicing Assertiveness S31-32: Well-Being In Action	S04: Developing Community Agreements S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S20: Practicing Emotion Regulation S21: Regulating Emotions in Academics



CHARACTERSTRONG MIDDLE SCHOOL SEL ASCA Mindsets & Behaviors Alignment

Category	Standards	Grade 6	Grade 7	Grade 8
Mindset Standards	M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes	S05: Middle School Mythbusting (Test Taking) S33-35: Reflecting On The Year	S21: Exercising Well-Being S22: Increasing Personal Well-Being S23: Developing Well-Being Habits S30-32: Well-Being In Action	S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S21: Regulating Emotions in Academics
	M6: Understanding that postsecondary education and life-long learning are necessary for long-term career success	S11: Understanding Values S12: Practicing Values	S07: Applying Values	S05: Envisioning Your Future S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S21: Regulating Emotions in Academics
Behavior Standards	Learning Strategies: Processes and tactics students employ to aid in the cognitive work of thinking, remembering or learning.	S04: Middle School Mythbusting (Belonging) S05: Middle School Mythbusting (Test Taking) S06: Developing Community Agreements	S21: Exercising Well-Being S22: Increasing Personal Well-Being S23: Developing Well-Being Habits S26: Learning to Compromise S27: Handling Conflict S28: Reflecting on Conflict Resolution S30-32: Well-Being In Action S33-35: Reflecting On The Year	S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S13: Increasing Self-Acceptance S21: Regulating Emotions in Academics
	Self-Management Skills: Continued focus on a goal despite obstacles and avoidance of distractions or temptations to prioritize higher pursuits over lower pleasures.	S04: Middle School Mythbusting (Belonging) S05: Middle School Mythbusting (Test Taking) S06: Developing Community Agreements S07: Understanding the CharacterDare Process S11: Understanding Values S17: Understanding Emotions S18: Regulating Emotions Part 1 S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S27: Connecting Motivation & Emotions S28: Regulating Emotions Part 2 S31: Resolving Conflicts with Friends S32: Helping Others Resolve Conflicts S33-35: Reflecting On The Year	S09: Identifying Emotions S10: Expanding Emotion Vocabulary S11: Practicing Emotion Regulation S12: Applying Emotion Regulation S13: Understanding Stress S14: Coping with Stress S21: Exercising Well-Being S22: Increasing Personal Well-Being S23: Developing Well-Being Habits S26: Learning to Compromise S27: Handling Conflict S28: Reflecting on Conflict Resolution S30-32: Well-Being in Action	S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S14-15: Understanding How Emotions Work S16: Reflecting on Emotion Regulation S17: Practicing Self Regulation S18: Building an Emotion Regulation Toolbox S19: Connecting Values & Emotion Regulation S20: Practicing Emotion Regulation S21: Regulating Emotions in Academics S22: Using Values to Increase Belonging



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ASCA Mindsets & Behaviors Alignment

Category	Standards	Grade 6	Grade 7	Grade 8
Behavior Standards	Social Skills: Acceptable behaviors that improve social interactions, such as those among peers or between students and adults.	S02: Building Connections S03: Building Community S04: Middle School Mythbusting (Belonging) S05: Middle School Mythbusting (Test Taking) S06: Developing Community Agreements S08: Get To Know Your School: Who's There? S09: Get to Know Your School: What's There? S11: Understanding Values S12: Practicing Values S13: Building Listening Skills S14: Applying Listening Skills Part 1 S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S17: Understanding Emotions S18: Regulating Emotions Part 1 S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S21: Developing Friendships S22: Strengthening Friendships S23: Applying Listening Skills (Part 2) S24: Listening with Empathy S25: Exercising Perspective-Taking S26: Connecting Through Perspective-Taking S29: Making New Friends S30: Becoming a Better Friend S31: Resolving Conflicts with Friends S32: Helping Others Resolve Conflicts S33-35: Reflecting On The Year	S02: Building Connections S03: Building Community S09: Identifying Emotions S10: Expanding Emotion Vocabulary S11: Practicing Emotion Regulation S12: Applying Emotion Regulation S13: Understanding Stress S14: Coping with Stress S15: Understanding Social Connection S16: Developing Social Awareness S17: Understanding Effective Empathy S18: Recognizing When People Need Support S19: Practicing Effective Empathy S24: Communicating with Assertiveness S25: Practicing Assertiveness S26: Learning to Compromise S27: Handling Conflict S28: Reflecting on Conflict Resolution	S02: Building Connections S03: Building Community S14-15: Understanding How Emotions Work S16: Reflecting on Emotion Regulation S17: Practicing Self Regulation S18: Building an Emotion Regulation Toolbox S19: Connecting Values & Emotion Regulation S20: Practicing Emotion Regulation S22: Using Values to Increase Belonging