

Our Approach to SEL

SEL Journeys develops social and emotional competencies through a combination of movement and cultural learning, layered with prompts and activities designed to develop specific social and emotional competencies.

The SEL lessons align to the CASEL competency framework and can be enjoyed in any order, making it easy to create crosswalks between SEL Journeys and other SEL-related programs and initiatives. Additionally, SEL Journeys provides resources to embed SEL skill building into core academics by reinforcing skills and ideas introduced in the journeys all throughout the day.

Movement & Cultural Learning

This part of the program can be enjoyed on its own or in combination with the explicit SEL lessons. When enjoyed on its own (Dance of the Month membership or Just Move Mode), the following Social & Emotional Competencies are inherent to the activities:

Self-Awareness: students develop physical & mental awareness, self-confidence, and self-efficacy

Self-Management: students practice impulse control and develop self-discipline

Social Awareness: students develop respect for others and celebrate diversity

Relationship Building: students practice communication, social engagement, relationship building & teamwork (particularly when the “friendship step” is incorporated)

Responsible Decision-Making: students become aware of their role as global citizens (ethical responsibility)



Explicit SEL Lessons

In addition to the above skills, which are developed in every lesson through the movement and cultural learning content, the following specific objectives are addressed in 25 explicit SEL lessons through an opening prompt and final challenge:

SELF-AWARENESS	SEL Journeys Lesson Objective
Identifying emotions	Students develop awareness of how their face and body show emotion.
Accurate self-perception	Students consider the relationship between how they describe themselves and how others describe them.
Recognizing strengths	Students identify what aspects of an activity they are able to do well, versus what aspects are challenging.
Self-confidence	Students practice performing with confidence.
Self-efficacy/Growth Mindset	Students practice positive self-talk and using a growth mindset.

SELF-MANAGEMENT	SEL Journeys Lesson Objective
Stress management	Students learn how they can lower stress through breathing and movement.
Impulse control	Students practice controlling personal energy level and reflect on how they can control their impulses.
Self-discipline	Students practice focusing on an activity and sticking with it for an extended duration without giving in to other distractions.
Goal setting /self-motivation	Students are challenged to set individual and group goals and stay on a path toward achieving the goal.
Organizational skills	Students practice organizing movement into a logical sequence.

SOCIAL AWARENESS	SEL Journeys Lesson Objective
Empathy	Students pay attention to a how a partner's body language shows their feelings.
Perspective-taking	Students think about the point of view of others.
Diversity & Differences	Students identify similarities and differences, and reflect on personal identity and uniqueness.
Respect for others	Students practice showing respect for others through positive verbal and body language.
Appreciating Cultures	Students learn to celebrate other cultures, and appreciate differences.

RELATIONSHIP SKILLS	SEL Journeys Lesson Objective
Communication	Students work on communicating verbally and non-verbally, as well as listening & responding to others.
Social engagement	Students respectfully engage in activities with both preferred and non-preferred partners.
Relationship building	Students respectfully engage with others in activities and conversation.
Teamwork	Students explore how being part of a team means relying on each other to participate and contribute.
Group Dynamics	Students practice working with a small group to assign roles and accomplish a task.

RESPONSIBLE DECISION-MAKING	SEL Journeys Lesson Objective
Identifying problems	Students practice identifying problems or challenges and consider ways to improve.
Analyzing situations	Students consider how a small detail is part of something bigger.
Solving problems	Students are challenged to come up with multiple solutions to a problem.
Evaluate & Reflect	After an activity, students are challenged to respond to questions about how it went and what was learned.
Ethical responsibility	Students consider how they can use personal strengths to act in ways that are positive for themselves and others.