

Rhode Island SEL Standards: Competencies for School and Life Success Alignment with Second Step SEL for Early Learning



RI SEL Standards: Competencies for School and Life Success	Second Step Key Concepts																												
	SKILLS FOR LEARNING						EMPATHY					EMOTION MANAGEMENT				PROBLEM SOLVING			FRIENDSHIP SKILLS				EXECUTIVE-FUNCTION SKILLS						
	Focus Attention	Listen with Attention	Use Self-Talk	Be Assertive	Remember Directions	Stay on Task	Ignore Distractions	Identify and Understand Their Own, Others' Feelings	Build a Vocabulary of Feelings	Begin to Take Others' Perspectives	Listen to Others	Have Empathy	Express Compassion	Understand Strong Feelings	Recognize Strong Feelings	Calm Strong Feelings Down	Use the Calming-Down Steps	Communication / Language Skills	Calm Down Before Solving Problems	Describe the Problem	Think of Multiple Solutions to a Problem	Play Fair	Invite Others to Play	Ask to Join In Play	Choose to Have Fun over Getting Their Way	Flexible Attention	Working Memory	Inhibitory Control	
Early Learning																													
SEL.1A. - Individual demonstrates an understanding of one's emotions.							X	X					X	X															
SEL.1B. - Individual identifies when help is needed and who can provide it.				X														X		X	X								
SEL.1C. - Individual demonstrates awareness of their own personal rights and responsibilities.									X																				
SEL.1D. - Individual demonstrates knowledge of their own personal strengths, cultural and linguistic assets, and aspirations.							X											X									X		
SEL.1E. - Individual seeks to understand and identify their own prejudices and biases.							X		X	X	X																		
SEL.2A. - Individual demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.							X			X			X	X	X	X	X	X	X										X
SEL.2B. - Individual manages materials, space, time, and responsibilities effectively.	X	X			X	X	X																						X
SEL.2C. - Individual demonstrates skills to develop, evaluate, modify, and achieve goals.	X	X		X	X	X	X											X								X	X	X	
SEL.2D. - Individual demonstrates a resilient attitude and growth mindset, even in the face of adversity and challenges.													X	X	X	X	X	X	X										
SEL.3A. - Individual reads social cues and responds appropriately.							X	X	X	X	X	X						X					X	X	X				
SEL.3B. - Individual seeks to understand and demonstrates respect for individuals, including those with diverse backgrounds, cultures, abilities, languages, and identities.									X	X	X	X																	
SEL.3C. - Individual demonstrates empathy for other people's emotions and perspectives.	X	X					X	X	X	X	X	X	X	X				X					X						
SEL.3D. - Individual recognizes and respects leadership capacity in oneself and others.									X	X																			
SEL.3E. - Individual contributes productively to one's school, family, workplace, and community.	X	X		X	X	X	X																			X	X	X	
SEL.4A. - Individual uses communication and interpersonal skills to interact effectively with others, including those with diverse backgrounds, cultures, abilities, languages, and identities.	X	X		X			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SEL.4B. - Individual uses appropriate communication strategies and interpersonal skills to maintain relationships with others.	X	X		X			X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	
SEL.4C. - Individual demonstrates the skills to respectfully engage in and resolve interpersonal conflicts in various contexts.									X		X							X	X	X	X								
SEL.4D. - Individual recognizes when others need help and demonstrates the ability to provide or seek assistance.	X	X		X			X	X	X	X	X	X						X											
SEL.5A. - Individual applies problem-solving skills to engage responsibly in a variety of situations.		X		X			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SEL.5B. - Individual uses and adapts appropriate tools and strategies to solve problems.		X		X			X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SEL.5C. - Individual evaluates impact of decisions on self, others, and the given situation and adjusts behavior appropriately.				X			X	X	X	X	X	X						X	X	X	X					X	X	X	
SEL.5D. - Individual considers ethical, safety, and societal factors when making choices and decisions.									X											X	X					X	X	X	
SEL.5E. - Individual considers and responds appropriately to external influences (e.g., media, peers, authority figures) on decision-making.				X					X									X		X	X					X	X	X	

**Rhode Island SEL Standards: Competencies for School and Life
Success Alignment with Second Step SEL for Grades K-3**



RI SEL Standards: Competencies for School and Life Success	Second Step Key Concepts																											
	SKILLS FOR LEARNING							EMPATHY					EMOTION MANAGEMENT					PROBLEM SOLVING					EXECUTIVE-FUNCTION SKILLS					
	Focus Attention	Listen with Attention	Use Self-Talk	Be Assertive	Remember Directions	Stay on Task	Ignore Distractions	Identify & Understand Their Own, Others' Feelings	Build a Vocabulary of Feelings Words	Begin to Take Others' Perspectives	Listen to Others	Have Empathy	Express Compassion	Understand Strong Feelings	Recognize Strong Feelings	Calm Strong Feelings Down	Use the Ways to Calm Down	Communication / Language Skills	Calm Down Before Solving Problems	Describe the Problem	Think of Multiple Solutions to a Problem	Explore Consequences of Solutions to Problems	Pick the Best Solution to a Problem	Friendship Skills	Flexible Attention	Working Memory	Inhibitory Control	
Grades K-3																												
SEL.1A. - Individual demonstrates an understanding of one's emotions.							X	X					X	X														
SEL.1B. - Individual identifies when help is needed and who can provide it.				X															X							X		
SEL.1C. - Individual demonstrates awareness of their own personal rights and responsibilities.									X																			X
SEL.1D. - Individual demonstrates knowledge of their own personal strengths, cultural and linguistic assets, and aspirations.							X										X									X		
SEL.1E. - Individual seeks to understand and identify their own prejudices and biases.							X		X	X	X																	
SEL.2A. - Individual demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.				X			X	X					X	X	X	X	X	X										X
SEL.2B. - Individual manages materials, space, time, and responsibilities effectively.	X	X			X	X	X																					X
SEL.2C. - Individual demonstrates skills to develop, evaluate, modify, and achieve goals.	X	X		X	X	X	X										X									X	X	X
SEL.2D. - Individual demonstrates a resilient attitude and growth mindset, even in the face of adversity and challenges.													X	X	X	X	X	X										
SEL.3A. - Individual reads social cues and responds appropriately.							X	X	X	X	X	X					X								X			
SEL.3B. - Individual seeks to understand and demonstrates respect for individuals, including those with diverse backgrounds, cultures, abilities, languages, and identities.	X	X					X		X	X	X																	
SEL.3C. - Individual demonstrates empathy for other people's emotions and perspectives.	X	X		X			X	X	X	X	X	X	X	X			X								X			
SEL.3D. - Individual recognizes and respects leadership capacity in oneself and others.									X	X																		
SEL.3E. - Individual contributes productively to one's school, family, workplace, and community.	X	X		X	X	X	X		X																X	X	X	
SEL.4A. - Individual uses communication and interpersonal skills to interact effectively with others, including those with diverse backgrounds, cultures, abilities, languages, and identities.	X	X		X		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SEL.4B. - Individual uses appropriate communication strategies and interpersonal skills to maintain relationships with others.	X	X		X			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SEL.4C. - Individual demonstrates the skills to respectfully engage in and resolve interpersonal conflicts in various contexts.	X	X		X			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SEL.4D. - Individual recognizes when others need help and demonstrates the ability to provide or seek assistance.		X		X			X	X	X	X	X	X					X								X			
SEL.5A. - Individual applies problem-solving skills to engage responsibly in a variety of situations.		X		X													X	X	X	X	X	X	X					
SEL.5B. - Individual uses and adapts appropriate tools and strategies to solve problems.		X		X													X	X	X	X	X	X	X					
SEL.5C. - Individual evaluates impact of decisions on self, others, and the given situation and adjusts behavior appropriately.				X			X	X	X	X	X	X					X	X	X	X	X	X	X	X	X	X	X	X
SEL.5D. - Individual considers ethical, safety, and societal factors when making choices and decisions.									X											X	X	X			X	X	X	
SEL.5E. - Individual considers and responds appropriately to external influences (e.g., media, peers, authority figures) on decision-making.				X				X						X	X		X	X	X	X	X	X			X	X	X	

