

# Imagine Purpose

## WA Social Emotional Learning Standards and Benchmarks Alignment

### SOCIAL & EMOTIONAL

|  |   | Imagine Purpose 6–12 Course: SOCIAL & EMOTIONAL   |               |                       |                            |                           |                                    |                       |                  |                             |                   |                                      |                     |                                 |                           |                                  |                   |
|--|---|---|---------------|-----------------------|----------------------------|---------------------------|------------------------------------|-----------------------|------------------|-----------------------------|-------------------|--------------------------------------|---------------------|---------------------------------|---------------------------|----------------------------------|-------------------|
|  |   | Unit 1: IMPORTANT LIFE SKILLS   |               |                       |                            | Unit 2: MINDFULNESS       |                                    |                       |                  | Unit 3: BARRIERS TO SUCCESS |                   |                                      |                     | Unit 4: REDIRECTING MY LIFE     |                           |                                  |                   |
|  |   | CHOOSING PURPOSE  | SOCIAL SKILLS | HEALTHY RELATIONSHIPS | SUCCESSFUL DECISION MAKING | ENGINEERING CONSCIOUSNESS | MINDFULNESS PRACTICES & PRINCIPLES | HEALTHY COMMUNICATION | KNOWING YOURSELF | MAKING POWERFUL DECISIONS   | CRISIS MANAGEMENT | REDIRECTING MY LIFE: PAIN TO PURPOSE | DEALING WITH TRAUMA | INTRODUCTION TO SUBSTANCE ABUSE | INTERVENTION CAN HELP YOU | SOCIAL AND SELF AWARENESS SKILLS | COPING STRATEGIES |
| WA SEL Standards and Benchmarks <sup>1</sup>   | SELF-AWARENESS <sup>2</sup>   | Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior.   | ✓             |                       |                            |                           | ✓                                  | ✓                     | ✓                | ✓                           | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         | ✓                                | ✓                 |
|  |   | Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets. | ✓             |                       |                            |                           | ✓                                  |                       |                  | ✓                           | ✓                 | ✓                                    |                     |                                 | ✓                         | ✓                                |                   |
|  |   | Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.            |               |                       |                            |                           | ✓                                  |                       |                  | ✓                           | ✓                 | ✓                                    |                     |                                 | ✓                         |                                  |                   |
|  | SELF-MANAGEMENT <sup>3</sup>  | Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.  | ✓             | ✓                     | ✓                          | ✓                         | ✓                                  | ✓                     | ✓                | ✓                           | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         | ✓                                | ✓                 |
|  |   | Demonstrates responsible decision-making and problem-solving skills.  | ✓             |                       | ✓                          | ✓                         |                                    |                       |                  |                             | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         | ✓                                | ✓                 |
|  | SELF-EFFICACY <sup>4</sup>  | Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.   | ✓             |                       | ✓                          | ✓                         |                                    |                       |                  |                             | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         | ✓                                | ✓                 |
|  |   | Demonstrates problem-solving skills to engage responsibly in a variety of situations.   | ✓             | ✓                     | ✓                          | ✓                         | ✓                                  | ✓                     | ✓                | ✓                           | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         | ✓                                | ✓                 |
|  |   | Demonstrate awareness and ability to speak on behalf of personal rights and advocacy.   |               | ✓                     | ✓                          |                           |                                    |                       | ✓                |                             |                   |                                      |                     |                                 |                           | ✓                                |                   |
|  | SOCIAL AWARENESS <sup>5</sup>   | Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities.                           | ✓             | ✓                     | ✓                          | ✓                         |                                    | ✓                     | ✓                |                             | ✓                 | ✓                                    | ✓                   |                                 | ✓                         | ✓                                |                   |
|  |   | Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.                                   |               | ✓                     | ✓                          |                           |                                    | ✓                     | ✓                |                             |                   |                                      | ✓                   |                                 |                           |                                  |                   |
|  |   | Demonstrates an understanding of the variation within and across cultures.  |               | ✓                     |                            |                           |                                    | ✓                     |                  |                             |                   |                                      |                     |                                 |                           |                                  |                   |
|  | SOCIAL MANAGEMENT <sup>6</sup>  | Demonstrates a range of communication and social skills to interact effectively with others.  |               | ✓                     | ✓                          |                           |                                    |                       | ✓                |                             |                   |                                      |                     |                                 |                           |                                  | ✓                 |
| Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.   |   |   | ✓             | ✓                     |                            |                           |                                    | ✓                     |                  |                             |                   | ✓                                    | ✓                   |                                 | ✓                         |                                  |                   |
| Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability. |   |   | ✓             | ✓                     |                            |                           |                                    | ✓                     |                  | ✓                           | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         |                                  |                   |
| SOCIAL ENGAGEMENT <sup>7</sup>   | Demonstrates a sense of school and community responsibility.                                      | ✓   | ✓             | ✓                     | ✓                          | ✓                         | ✓                                  |                       | ✓                | ✓                           | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         | ✓                                |                   |
|  | Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals. |   | ✓             | ✓                     | ✓                          | ✓                         | ✓                                  | ✓                     | ✓                | ✓                           | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         |                                  |                   |
|  | Contributes productively to one's school, workplace, and community.                               |   | ✓             | ✓                     | ✓                          | ✓                         | ✓                                  |                       | ✓                | ✓                           | ✓                 | ✓                                    | ✓                   | ✓                               | ✓                         |                                  |                   |

- <https://ospi.k12.wa.us/sites/default/files/2023-08/selstandardsandbenchmarksonepager.pdf>
- "Individual can identify their emotions, personal assets, areas for growth, and potential external resources and supports."
- "Individual can regulate emotions, thoughts, and behaviors."
- "Individual can motivate themselves, persevere, and see themselves as capable."
- "Individual can take the perspective of and empathize with others from diverse backgrounds and cultures."
- "Individual can make safe and constructive choices about personal behavior and social interactions."
- "Individual can consider others and show a desire to contribute to the well-being of school and community."