

Nine Main Areas of Social and Emotional Learning: Goal Setting

1. Identify and express your emotions constructively
2. Read and understand others' feelings
3. Exercise patience and impulse control
4. Use calming strategies to manage stress
5. Resist and stand up to bullying
6. Honor strengths and work on challenges
7. Deal with conflict effectively
8. Be a productive teammate
9. Persevere when things are difficult

fist = not intense at all