

WORD Workouts lessons help students develop a wide range of social-emotional learning skills.

**WORD Workouts Alignment to CASEL Competencies**

CASEL, The Collaborative for Academic, Social, and Emotional Learning, is the nation’s leading organization advancing the development of social and emotional learning (SEL) and has created a framework outlining five areas of SEL competence: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

The table below illustrates how WORD Workouts align with the CASEL core SEL competencies.

CASEL Core Competency	WORD Workouts Alignment
<p><b>Self-Awareness:</b> 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"> <li>● Body awareness through physical workouts</li> <li>● Emotional awareness through self-reflection</li> </ul>
<p><b>Self-Management:</b> 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"> <li>● Emotional vocabulary by grounding each word with the dictionary definition and through ELA activities</li> <li>● Physical exercise as a tool for self-management</li> </ul>
<p><b>Social Awareness:</b> The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</p>	<ul style="list-style-type: none"> <li>● Establishment of physical and emotional safety</li> <li>● Class discussions and activities</li> <li>● Social studies activities</li> <li>● Family-focused reflection prompts</li> <li>● Community-based reflection prompts</li> </ul>
<p><b>Relationship Skills:</b> 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"> <li>● Listening and empathy</li> <li>● Social connection through class discussions and group activities</li> </ul>

CASEL Core Competency	WORD Workouts Alignment
<b>Responsible Decision-Making:</b> The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.	<ul style="list-style-type: none"> <li>• Future-oriented self-reflection prompts</li> <li>• Personal accountability</li> </ul>

## Transformative SEL

Honoring a student’s individuality, personal experiences, and unique perspective on the world is a hallmark of all NaliniKIDS programs. Organizations such as CASEL have recently committed to applying an equity lens to SEL, realizing that a failure to do so could lead to students feeling alienated in their classrooms. They call this focus Transformative SEL and define it as: a process whereby students and teachers build strong, respectful relationships founded on an appreciation of similarities and differences. CASEL has created five focal constructs for Transformative SEL: identity, agency, belonging, collaborative problem-solving, and curiosity.

The table below illustrates how WORD Workouts align with these focal constructs.

Focal Constructs for Transformative SEL	WORD Workouts Alignment
<b>Identity</b> is focal among self-awareness competencies and refers to how students (and adults) view themselves.	<ul style="list-style-type: none"> <li>• Understanding and sharing one’s unique beliefs, values, and perspectives through reflection and discussion activities, while learning about the diverse experiences of others in the class</li> <li>• Respect for one’s unique experiences during family and community-based discussions and activities</li> </ul>
<b>Agency</b> is focal among self-management competencies and signifies perceived and actual capacity to effect change through purposeful action.	<ul style="list-style-type: none"> <li>• Self-directed learning with reflection activities and physical workouts that are guided by one’s own experiences and choices</li> </ul>
<b>Belonging</b> is focal among social awareness competencies and connotes experiences of acceptance, respect, and inclusion within a group or community.	<ul style="list-style-type: none"> <li>• Connection to classmates through group fitness activities</li> <li>• Community-centered reflection and service-learning activities (middle and high school)</li> </ul>

Focal Constructs for Transformative SEL	WORD Workouts Alignment
<p><b>Collaborative Problem Solving</b> is focal among relationship skills competencies and reflects a complex skill set in high demand in our increasingly multifaceted local, national, and global contexts.</p>	<ul style="list-style-type: none"> <li>● Reflection and discussion surrounding relevant current event topics</li> <li>● Goal setting prompts in future-focused reflection activities</li> </ul>
<p><b>Curiosity</b> is focal among responsible decision-making competencies and can animate critical self- and social analysis and action.</p>	<ul style="list-style-type: none"> <li>● Personal discovery through self-reflection activities</li> <li>● Sharing one’s unique perspective, and learning the unique perspectives of both classmates and teachers through discussion activities</li> <li>● Considering cultural and societal norms that differ from one’s own, and how they have evolved over time</li> </ul>

Sources:

- 2021. “SEL: What Are the Core Competence Areas and Where are they Promoted?” CASEL. Accessed July 23, 2021. <https://casel.org/sel-framework/>
- 2021. “Transformative SEL as a Lever for Equity & Social Justice” CASEL. Accessed July 23, 2021. <https://casel.org/research/transformative-sel/>
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