

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
Self-Awareness: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.	<ul style="list-style-type: none"> ● Body awareness through physical workouts ● Emotional awareness through self-reflection
Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.	<ul style="list-style-type: none"> ● Emotional vocabulary by grounding each word with the dictionary definition and through ELA activities ● Physical exercise as a tool for self-management
Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.	<ul style="list-style-type: none"> ● Establishment of physical and emotional safety ● Class discussions and activities ● Social studies activities ● Family-focused reflection prompts ● Community-based reflection prompts
Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.	<ul style="list-style-type: none"> ● Listening and empathy ● Social connection through class discussions and group activities
Responsible Decision-Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.	<ul style="list-style-type: none"> ● Future-oriented self-reflection prompts ● Personal accountability

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
<p>Identity is focal among self-awareness competencies and refers to how students (and adults) view themselves.</p>	<ul style="list-style-type: none"> ● 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 ● Respect for one’s unique experiences during family and community-based discussions and activities
<p>Agency is focal among self-management competencies and signifies perceived and actual capacity to effect change through purposeful action.</p>	<ul style="list-style-type: none"> ● Self-directed learning with reflection activities and physical workouts that are guided by one’s own experiences and choices
<p>Belonging is focal among social awareness competencies and connotes experiences of acceptance, respect, and inclusion within a group or community.</p>	<ul style="list-style-type: none"> ● Connection to classmates through group fitness activities ● Community-centered reflection and service-learning activities (middle and high school)
<p>Collaborative Problem Solving 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"> ● Reflection and discussion surrounding relevant current event topics ● Goal setting prompts in future-focused reflection activities
<p>Curiosity is focal among responsible decision-making competencies and can animate critical self- and social analysis and action.</p>	<ul style="list-style-type: none"> ● Personal discovery through self-reflection activities ● Sharing one’s unique perspective, and learning the unique perspectives of both classmates and teachers through discussion activities ● Considering cultural and societal norms that differ from one’s own, and how they have evolved over time

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/>
- Jagers, Robert J.; Skoog-Hoffman, Alexandra; Barthelus, Bloodine; Schlund, Justina. 2021. “In Pursuit of Educational Equity and Excellence” American Federation of Teachers. Accessed July 23, 2021.
https://www.aft.org/ae/summer2021/jagers_skoog-hoffman_barthelus_schlund