

SOCIAL EMOTIONAL LEARNING

Social Awareness

Curriculum



Includes
**GOOGLE
SLIDES**

SOCIAL EMOTIONAL LEARNING

Social Awareness

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Hi, I'm Gabby.
My superpower is
Social Awareness.

That means I have the ability to take the perspective of and empathize with others from all backgrounds and cultures. I also understand what behavior is expected of me.



Social Awareness
includes:

- ★ Perspective Taking
- ★ Empathy
- ★ Appreciating Diversity
- ★ Respect for others

SOCIAL EMOTIONAL LEARNING

Social Awareness

Perspective Taking

Session Objective:

*Students will identify different perspectives in given scenarios.

Materials:

- *Pencils
- *Handouts

Guiding Questions:

- *Why is it important to understand different perspectives?
- *How can perspective taking help us resolve conflicts?

Session Details

*Say "I would like to introduce you to Gabby, she is a social-emotional learning superhero. Her superpower is social awareness. That means she has the ability to take the perspective of and empathize with others from all backgrounds and cultures. She also understands what behavior is expected of her. We are going to explore with Gabby the four parts of social awareness which is perspective-taking, empathy, respect for others, and appreciating diversity.

*Say "We are going to be talking about one of Gabby's superpowers today, her ability to see other people's perspectives. Perspective-taking is the ability to look beyond your own point of view and think about how others may think. This is really important in resolving conflicts between people because you need to think about how another person sees something, to end conflict peacefully. Often, we are looking at situations through our life experiences and knowledge, and others have different life experiences and knowledge which can change perspectives. We will start by discussing what perspective-taking is and is not. (Review the accompanying handout). Now let's help Gabby resolve some conflicts between her two friends and practice our perspective-taking. (Complete the Lucas/Rachel conflict handouts). See how perspective taking can help with conflicts? Let's expand our perspective-taking to other situations we might experience. These are some situations that people may view much differently depending on their perspective, try hard to think of what that person may think instead of just how you would think. (Complete the Situation handouts).

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

SEL Competencies:

- *Social-awareness: Perspective taking.

PERSPECTIVE TAKING

The ability to look beyond your own point of view to consider how others may think.

Perspective Taking is...



Understanding others perceptions and intentions.



Accepting that others have had different life experiences and may view things different than you.



Keeping an open mind.



Perspective Taking is not...



Empathy (Empathy is understanding how someone else is feeling, not just how they think).



Thinking your way is the only way.



Agreeing with the other person.



My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas is upset with Rachel because he wanted to borrow her pencil and she did not let him.

Lucas' perspective



Rachel's perspective



Rachel is sad because Lucas did not play the game she wanted to play at recess.

Lucas' perspective



Rachel's perspective





My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas' team won the game and he is celebrating the win but Rachel is upset about the loss.

Lucas' perspective



Rachel's perspective



Rachel needs to use the computer and Lucas has been on it for a while. Lucas says he needs to finish what he is doing.

Lucas' perspective



Rachel's perspective





My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas wants to be the line leader this week but Rachel gets assigned the job.

Lucas' perspective



Rachel's perspective




Rachel is blamed for making a mess when Lucas was actually the one who made the mess.

Lucas' perspective



Rachel's perspective





My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas does something funny and Rachel laughs at him., but Lucas is embarrassed.

Lucas' perspective




Rachel's perspective



Rachel is talking too much during group work and Lucas is worried about the group not finishing.

Lucas' perspective



Rachel's perspective





My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas hurts Rachel's feelings. She then posts something mean on social media about him.

Lucas' perspective



Rachel's perspective




Lucas can only invite a few people to his birthday party and Rachel does not get an invitation.

Lucas' perspective



Rachel's perspective





My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Rachel lets Lucas borrow a toy and when she gets it back, it is damaged a little.

Lucas' perspective




Rachel's perspective




Lucas is upset because he passed by Rachel in the hallway and she did not say hi.

Lucas' perspective



Rachel's perspective





My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Rachel and Lucas are assigned work together. One person needs to record the answers, and they both want to do it.

Lucas' perspective




Rachel's perspective



Lucas has been wanting to play dodgeball at recess for a while and Rachel convinced everyone to play something else.

Lucas' perspective



Rachel's perspective





PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You miss baseball practice because you have to complete unfinished classwork.

You

Coach

Teacher



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You forgot your homework at home.

You

Teacher

Parent



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You promised to help your friend with a project but you also need to finish your homework and chores in a short amount of time.

You

Friend

Parent



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You misbehave in class and cause the teacher to stop the lesson to correct your behavior.

You

Teacher

Classmates



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

Your party is this weekend and your friend says they cannot go because they are grounded.

You

Friend



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You win a game against your classmate and celebrate out loud in front of them.

You

Classmate



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You laugh when someone makes fun of your classmate.

You

Classmate



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You make a joke about your friend's culture.

You

Friend

SOCIAL EMOTIONAL LEARNING

Social Awareness

Empathy

Session Objective:

*Students will identify appropriate empathetic responses.

Materials:

- *Pencils, crayons.
- *Scissors, glue/tape.
- *Empathy email handouts.

Guiding Questions:

- *Why is it important to be able to empathize with others?
- *How can empathy help build relationships?

Session Details

*Say "We are going to be talking about another one of Gabby's superpowers today, her ability to have empathy. This means she can think about how someone else might feel, and to feel it as if she was experiencing it. This is a very important skill to build relationships and for resolving conflicts peacefully. Let's start by discussing what Empathy is and is not. (Review the accompanying handout). Looks like Gabby needs our help. She has an email from a friend, let's read it and see how we can help her respond to the email with empathy. (Review the email handout, depending on the age group you can have them write their response on the blank email template, fill in the star/multiple-choice option, or use the cut and paste option). The first thing we need to say is a greeting, use an appropriate and caring tone keeping in mind how Gabby must feel. Choose your answer. Next, we need to reflect on what she said so she knows we heard what she was trying to say. Select your response. Next, you need to validate how Gabby felt to show you care. Pick your response. Next, choose the response that you think is the best empathetic statement. Then, choose the response that is the most uplifting or positive to boost her spirits. Finally, leave a friendly farewell.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Demonstrate empathy. (B-SS 4)

SEL Competencies:

- *Social-awareness: Empathy

EMPATHY

The ability to think about how someone else might feel and to feel it as if you were experiencing it.

Empathy is...



- ✓ Understanding how the other person feels from their perspective, not from your own.
- ✓ Stepping into the “shoes” of another person.
- ✓ Recognizing others’ emotional states.



Empathy is not...

- ✗ Feeling bad for someone or feeling pity.
- ✗ About how you would feel, but how the other person feels from their perspective.
- ✗ Carrying the other person’s emotions with you.



You've
got mail

DELETE REPLY FORWARD TRASH PRINT SAVE

FROM: Gabby

TO: You

DATE: Today

SUBJECT: It's hard to be a superhero.

Hi friend, I need to talk to someone about how I feel. Sometimes I feel like I have the whole world on my shoulders and it can be overwhelming. It seems like I am always helping others, but no one is helping me. It can be kind of lonely in that way. Hope to hear from you soon.

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FROM: _____

TO: Gabby _____

DATE: _____

SUBJECT: Re: It's hard to be a superhero _____ Page 1

Use an appropriate and caring tone.

Choose your greeting:

(fill in the star of your choice)

☆ Hi Gabby, I am glad to hear from you.

☆ Hi Gabby, I am super busy right now.

☆ Hi Gabby, being a superhero sounds so cool.

☆ Hi Gabby, thank you for reaching out to me.

Let Gabby know you are listening and heard her correctly.

Choose your statement of reflection:

(fill in the star of your choice)

☆ You sound sad in your email.

☆ From what you wrote, I gather you are having a hard time right now.

☆ You sound like you are an awesome superhero.

☆ You are coming across as ungrateful.

FROM: _____

TO: Gabby _____

DATE: _____

SUBJECT: Re: It's hard to be a superhero Page 2

Express that Gabby's feelings are valid and real.

Choose your validation:

(fill in the star of your choice)

Anyone that was in that position would feel the same way.

Maybe you are just having a bad day.

I can see how you would feel overwhelmed.

I don't think others would feel the same.

Let Gabby know how you would feel if it was you.

Choose your empathetic statement:

(fill in the star of your choice)

If I was you, I would be happy to have superpowers.

If I was you, I imagine that I would feel unappreciated and that would make me sad too.

If I was you, I would feel overwhelmed too.

If I was you, I would not feel that way.

FROM: _____

TO: Gabby _____

DATE: _____

SUBJECT: Re: It's hard to be a superhero _____ Page 3

Help Gabby by saying something uplifting.

Choose your positive comment:

(fill in the star of your choice)

☆ Try to be more positive in the future.

☆ You will be okay.

☆ People are lucky to have you around to help them.

☆ You really do so much for others.

Let Gabby know you are here for her.

Choose your farewell:

(fill in the star of your choice)

☆ Let me know if you need to talk.

☆ Have a great weekend.

☆ Maybe we can talk when I have more time.

☆ I hope to hear from you again soon.

 **DELETE**  **REPLY**  **FORWARD**  **TRASH**  **PRINT**  **SAVE**

FROM: _____

TO: Gabby _____

DATE: _____

SUBJECT: Re: It's hard to be a superhero. _____













Cut out and paste your answer onto the email

Use an appropriate and caring tone.


Choose your greeting:

(cut out the sentence response of your choice)

 Hi Gabby, I am glad to hear from you.

 Hi Gabby, I am super busy right now.

 Hi Gabby, being a superhero sounds so cool.

 Hi Gabby, thank you for reaching out to me.


Let Gabby know you are listening and heard her correctly.


Choose your statement of reflection:

(cut out the sentence response of your choice)

 You sound sad in your email.

 From what you wrote, I gather you are having a hard time right now.

 You sound like you are an awesome superhero.

 You are coming across as ungrateful.

Cut out and paste your answer onto the email

Express that Gabby's feelings are valid and real.

Choose your validation:

(cut out the sentence response of your choice)

★ Anyone that was in that position would feel the same way.

★ Maybe you are just having a bad day.

★ I can see how you would feel overwhelmed.

★ I don't think others would feel the same.

Let Gabby know how you would feel if it was you.

Choose your empathetic statement:

(cut out the sentence response of your choice)

★ If I was you, I would be happy to have superpowers.

★ If I was you, I imagine that I would feel unappreciated and that would make me sad too.

★ If I was you, I would feel overwhelmed too.





★ If I was you, I would not feel that way.

Cut out and paste your answer onto the email

Help Gabby by saying something uplifting.

Choose your positive comment:





(cut out the sentence response of your choice)

- | |
|---|
|  Try to be more positive in the future. |
|  You will be okay. |
|  People are lucky to have you around to help them. |
|  You really do so much for others. |

Let Gabby know you are here for her.

Choose your farewell:

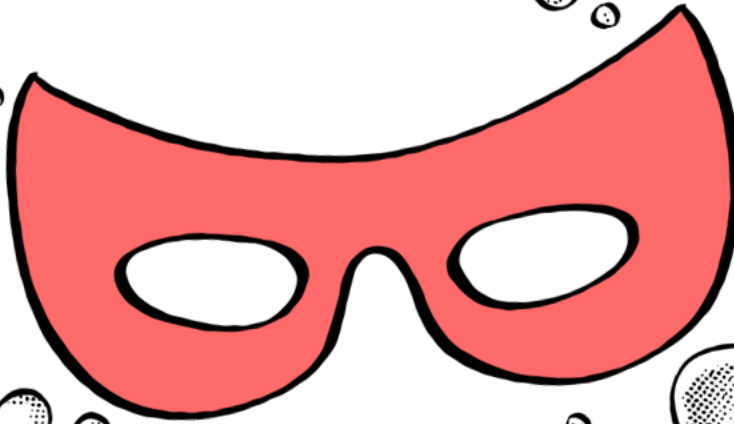
(cut out the sentence response of your choice)

- | |
|---|
|  Let me know if you need to talk. |
|  Have a great weekend. |
|  Maybe we can talk when I have more time. |
|  I hope to hear from you again soon. |

MASK OF EMPATHY

I want to show others
empathy when they:

I want others to show me
empathy when I:



I can show
my friend
empathy when
they are:

I can show
my teacher
empathy when they
are:

I can show my parents
empathy when they are:

SOCIAL EMOTIONAL LEARNING

Social Awareness

Appreciating Diversity

Session Objective:

*Students will identify similarities and differences between a diverse group of people.

Materials:

*Pencils.

*Diversity handouts.

Guiding Questions:

*Why is it important to understand how we are different and similar?

*How can unique traits or differences be a strength?

Session Details

*Say "Let's continue to discover more about Gabby's superpowers, today we will learn about her ability to appreciate diversity. This means she understands that each individual is unique, and she recognizes their differences. It is important to be open to people who are different from ourselves because we can learn from them. Everyone has different physical differences, some of us grew up in different places, some of us have different cultures, we all have different likes and dislikes. These make us diverse and unique which is a good thing, how boring would the world be if we were all the same? Let's start by discussing what Diversity is and is not. (Review the accompanying handout). Now let's read four different superhero social profiles. (Give each student the Diverse Superhero checkmark handout) As we are reading them, try to notice some differences/similarities they have and place a checkmark under the person who has the trait. (Review the social profile pages). Now, let's review our checkmarks. (Pass out the Unique/Common page). Write down under each superhero, one unique trait about them that no one else had. Then, at the bottom of the page list the traits that all of the superheroes had in common. This is one diverse group, each person brings different strengths to the group and when they work as a team their strengths are combined. Let's find out the diverse traits we have in our group. Fill out the blank social profile with your information. (Pass out the blank social page, and both What you bring to the team pages) Once your profile is complete, find traits about yourself from your profile and write them down on the What you bring to the team page. Let's go around and try to find someone who has traits in common with us. Try to find one trait that is unique, that no one else has. Write that one unique trait, if you have more than one just pick one to highlight, and complete the next page. Lastly, let's discuss a few things we learned about diversity and how it makes the world a more interesting place. (Complete the Diverse Superhero page.)

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)

*Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

SEL Competencies:

*Social-awareness: Appreciating diversity.

DIVERSITY

Understanding that each individual is unique, and recognizing our differences.

Diversity is...



Everyone is a little different, no one is exactly the same.



Valuing and respecting similarities and differences.



Learning about those who are different from you.



Diversity is not...



Being closed off to new and different things.



Thinking one person is better than another.



Excluding those who are not similar to you.

HOME

PROFILE

FRIENDS

MESSAGES



PROFILE PICTURE

Name: Darren

Strengths: organization skills, setting goals.

Working on improving: speech, computer skills.

Likes: keeping things tidy, being with friends, reading, helping others.

Dislikes: Computer work, messy areas, and working alone.

About:

Hi, my name is Darren. I have lived in the same neighborhood my whole life. I sometimes have difficulty saying certain letters correctly and I am working to improve my speech. I have short brown hair and black skin. I am really good at keeping things organized and setting goals for myself. I like keeping things tidy, reading, and helping others. I don't really like messes, working on the computer, or working alone. I much prefer working together as a team.

HOME

PROFILE

FRIENDS

MESSAGES



PROFILE PICTURE

Name: Liam

Strengths: Solving problems, organization skills.

Working on improving: Reading skills.

Likes: Math, helping others, puzzles, being with friends, and group work.

Dislikes: Reading, sports, spicy foods.

About:

Hi, my name is Liam. Some people call me Liam the solution finder because I am good at solving problems. I have short blond hair, white skin, and I wear glasses. I am working on getting better at reading but it's not my favorite thing to do. What I do like to do is solve puzzles, especially when I do them with friends or in a group. I am not a fan of sports or spicy foods.

HOME

PROFILE

FRIENDS

MESSAGES



PROFILE PICTURE

Name: Emma

Strengths: Teamwork

Working on improving: Organization and goal setting skills.

Likes: Group work, being with friends, reading, helping others, spicy foods, and playing soccer.

Dislikes: Working on something alone.

About:

Hi, my name is Emma. I have long red hair, white skin with freckles, and I am quite tall. I am really great at working with others and I am an awesome soccer player. I am trying to improve my organization skills because my desk and backpack are too messy. I like being around my friends, reading, super spicy foods, and of course helping others.

HOME

PROFILE

FRIENDS

MESSAGES



PROFILE PICTURE

Name: Gabby

Strengths: Getting along with others.

Working on improving: Reading skills.

Likes: Math and Science, helping people, being with friends.

Dislikes: Being still for long periods of time, working on something alone.





About:

Hi, I'm Gabby and I am from Brazil. I was born there and moved here with my family a few years ago. I speak 3 languages: Portuguese, English, and Spanish. Sometimes when I speak English, I have an accent. I have brown skin and long hair. I can get along with just about anyone and love spending time with my friends. I also like helping people, especially as a team. Math and Science are my favorite subjects in school.

DIVERSE SUPERHEROES

PUT A CHECKMARK IF THE SUPERHERO HAS THAT QUALITY.



				
Speaks another language.				
Has good organization skills.				
Likes Reading.				
Working on improving their speech.				
Likes Math.				
Likes sports.				
Has short hair.				
Wears glasses.				
Has darker skin.				
Likes spicy foods.				
Likes being with friends.				
Likes working with others.				
Likes helping people.				
Has a superpower.				

UNIQUE QUALITIES OF EACH SUPERHERO:



Blank rounded rectangular box for writing unique qualities of the first superhero.



Blank rounded rectangular box for writing unique qualities of the second superhero.



Blank rounded rectangular box for writing unique qualities of the third superhero.



Blank rounded rectangular box for writing unique qualities of the fourth superhero.



QUALITIES THEY HAVE IN COMMON:

Large blank rounded rectangular box for writing common qualities of all four superheroes.

HOME

PROFILE

FRIENDS

MESSAGES

Name:

Strengths:

Working on improving:

PROFILE PICTURE

Likes:

Dislikes:

About:

WHAT YOU BRING TO THE TEAM

Write qualities about yourself below. Find something unique about you that you bring to the team and no one else does. Put a checkmark when you find someone with that quality in common.

My Qualities

My Qualities

WHAT YOU BRING TO THE TEAM



How this makes me special:

What I want others to know about this:

My Unique Quality:

This is how I can feel valued by others:

This is how I can help others feel valued:



DIVERSE SUPERHERO TEAM

What are some ways that people are different from one another?

What would the world be like if we were all the same?

Have you ever wished you were like someone else?

How should we treat people who are different from us?

SOCIAL EMOTIONAL LEARNING

Social Awareness

Respect for Others

Session Objective:

*Students will recognize respectful and disrespectful comments and actions.

Materials:

*Pencils

*Respect handouts

Guiding Questions:

*Why is it important to be respectful?

*How does showing respect to someone make them feel?

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Social Skills: Demonstrate social maturity and behaviors appropriate to the situation and environment. (B-SS 9)

SEL Competencies:

*Social-awareness: Respect for others.

Session Details

*Say "The last aspect of social awareness is having respect for others. This means taking the time to carefully consider the matter or person at hand and then placing importance upon it. It's about treating others and property with care and courtesy. It is often said regarding respect, treat others the way you want to be treated. If you borrow a toy from a friend for example you should treat that toy with the same respect you would want your friend to do if they had one of your toys. Respect for adults like your parents and teachers is very important as well. Talking back is a common disrespectful thing kids sometimes do to adults. A smart and respectful person knows when they need to speak up and when they should stay quiet. Saying a disrespectful remark, will often make a situation worse and make the adult feel that you do not respect all that they have done for you. (Review the Respect is/is not handout). Let's create our superhero and figure out how we will keep the peace and show respect. (Complete make your superhero handout). Now let's practice recognizing respectful words and actions with different scenarios. If you spot a disrespectful comment or action, be sure to write in how you could change it to be respectful.

RESPECT

Taking the time to carefully consider the matter or person at hand and then placing importance upon it.

Respect is...



Treating all humans with care and courtesy.



You accept somebody for who they are, even if they are different from you or you don't agree with them.



Being careful with something because it is important.



Respect is not...



Staying quiet when something unsafe is happening.



Agreeing with someone. You can disagree and still be respectful.



Fear or obedience.

MAKE YOUR OWN SUPERHERO

My superhero will keep the peace by:

Draw your superhero:

How to show respect for others:

How to show respect for things:

How to show respect for yourself:

RECOGNIZING RESPECT

I really want to see that new superhero movie that just came out.



That movie looks so bad! I would never see that in a million years.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

Someone moved my pencil box from my desk without asking.



Oops, that was me. Sorry, I will put it back right now.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

The teacher asked us to pick up the balls left on the playground.



Why? We did not even play with the balls.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

RECOGNIZING RESPECT

Your loud music is bothering me would you mind turning it down please?



Sure, I can just use my headphones.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

So what happened was, I was on the way to the park and...



Oh man, it's late I have to get going.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

HA! Our team beat your team. We are the better players!!



Well, we tried our best.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

RECOGNIZING RESPECT

You are wrong about that and I am right.



That's not how I see it, I am right!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

What are you eating that looks so gross!



It's my grandma's famous recipe from her home country.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

Oh no, I spilled ketchup on your shirt. Sorry about that.



It's no big deal, I will wash it out.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

RECOGNIZING RESPECT

You left your trash in my area!



Well, you left trash in my area first!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

I really need to use the bathroom, I don't think I can wait.



Go ahead in front of me in line, I am not in a rush and you need it more.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

Can you sit on this side so I can be next to him?



No! I want to sit there, you sat there last time!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

RECOGNIZING RESPECT

That really hurt my feelings when you rolled your eyes at me!



Get over it!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

You took my crayons without asking me first.



So what? You were not even using them!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

Would you mind passing me the paper?



Go get it yourself.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

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Social Awareness

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Hi, I'm Gabby.
My superpower is
Social Awareness.

That means I have the ability to take the perspective of and empathize with others from all backgrounds and cultures. I also understand what behavior is expected of me.



Social Awareness
includes:

- ★ Perspective Taking
- ★ Empathy
- ★ Appreciating Diversity
- ★ Respect for others

SOCIAL EMOTIONAL LEARNING

Social Awareness

Perspective Taking

Session Objective:

*Students will identify different perspectives in given scenarios.

Materials:

- *Pencils
- *Handouts

Guiding Questions:

- *Why is it important to understand different perspectives?
- *How can perspective taking help us resolve conflicts?

Session Details

*Say "I would like to introduce you to Gabby, she is a social-emotional learning superhero. Her superpower is social awareness. That means she has the ability to take the perspective of and empathize with others from all backgrounds and cultures. She also understands what behavior is expected of her. We are going to explore with Gabby the four parts of social awareness which is perspective-taking, empathy, respect for others, and appreciating diversity.

*Say "We are going to be talking about one of Gabby's superpowers today, her ability to see other people's perspectives. Perspective-taking is the ability to look beyond your own point of view and think about how others may think. This is really important in resolving conflicts between people because you need to think about how another person sees something, to end conflict peacefully. Often, we are looking at situations through our life experiences and knowledge, and others have different life experiences and knowledge which can change perspectives. We will start by discussing what perspective-taking is and is not. (Review the accompanying handout). Now let's help Gabby resolve some conflicts between her two friends and practice our perspective-taking. (Complete the Lucas/Rachel conflict handouts). See how perspective taking can help with conflicts? Let's expand our perspective-taking to other situations we might experience. These are some situations that people may view much differently depending on their perspective, try hard to think of what that person may think instead of just how you would think. (Complete the Situation handouts).

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

SEL Competencies:

- *Social-awareness: Perspective taking.

PERSPECTIVE TAKING

The ability to look beyond your own point of view to consider how others may think.

Perspective Taking is...



Understanding others perceptions and intentions.



Accepting that others have had different life experiences and may view things different than you.



Keeping an open mind.



Perspective Taking is not...




Empathy (Empathy is understanding how someone else is feeling, not just how they think).



Thinking your way is the only way.




Agreeing with the other person.




My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas is upset with Rachel because he wanted to borrow her pencil and she did not let him.

Lucas' perspective




Rachel's perspective





Rachel is sad because Lucas did not play the game she wanted to play at recess.

Lucas' perspective



Rachel's perspective







My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas' team won the game and he is celebrating the win but Rachel is upset about the loss.

Lucas' perspective




Rachel's perspective





Rachel needs to use the computer and Lucas has been on it for a while. Lucas says he needs to finish what he is doing.

Lucas' perspective



Rachel's perspective





My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas wants to be the line leader this week but Rachel gets assigned the job.

Lucas' perspective




Rachel's perspective





Rachel is blamed for making a mess when Lucas was actually the one who made the mess.

Lucas' perspective



Rachel's perspective






My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas does something funny and Rachel laughs at him., but Lucas is embarrassed.

Lucas' perspective




Rachel's perspective





Rachel is talking too much during group work and Lucas is worried about the group not finishing.

Lucas' perspective



Rachel's perspective






My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Lucas hurts Rachel's feelings. She then posts something mean on social media about him.

Lucas' perspective




Rachel's perspective





Lucas can only invite a few people to his birthday party and Rachel does not get an invitation.

Lucas' perspective



Rachel's perspective







My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Rachel lets Lucas borrow a toy and when she gets it back, it is damaged a little.

Lucas' perspective




Rachel's perspective





Lucas is upset because he passed by Rachel in the hallway and she did not say hi.

Lucas' perspective



Rachel's perspective







My two friends are constantly arguing. Help me explain their perspectives in these conflicts.

Rachel and Lucas are assigned work together. One person needs to record the answers, and they both want to do it.

Lucas' perspective




Rachel's perspective




Lucas has been wanting to play dodgeball at recess for a while and Rachel convinced everyone to play something else.

Lucas' perspective



Rachel's perspective





PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You miss baseball practice because you have to complete unfinished classwork.

You

Coach

Teacher



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You forgot your homework at home.

You

Teacher

Parent



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You promised to help your friend with a project but you also need to finish your homework and chores in a short amount of time.

You

Friend

Parent



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You misbehave in class and cause the teacher to stop the lesson to correct your behavior.

You

Teacher

Classmates



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

Your party is this weekend and your friend says they cannot go because they are grounded.

You

Friend



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You win a game against your classmate and celebrate out loud in front of them.

You

Classmate



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You laugh when someone makes fun of your classmate.

You

Classmate



PERSPECTIVE GLASSES

These are superpowered glasses that help you see how people view the same situation differently.

Write the perspectives that each person might have.

You make a joke about your friend's culture.

You

Friend

SOCIAL EMOTIONAL LEARNING

Social Awareness

Empathy

Session Objective:

*Students will identify appropriate empathetic responses.

Materials:

- *Pencils, crayons.
- *Scissors, glue/tape.
- *Empathy email handouts.

Guiding Questions:

- *Why is it important to be able to empathize with others?
- *How can empathy help build relationships?

Session Details

*Say "We are going to be talking about another one of Gabby's superpowers today, her ability to have empathy. This means she can think about how someone else might feel, and to feel it as if she was experiencing it. This is a very important skill to build relationships and for resolving conflicts peacefully. Let's start by discussing what Empathy is and is not. (Review the accompanying handout). Looks like Gabby needs our help. She has an email from a friend, let's read it and see how we can help her respond to the email with empathy. (Review the email handout, depending on the age group you can have them write their response on the blank email template, fill in the star/multiple-choice option, or use the cut and paste option). The first thing we need to say is a greeting, use an appropriate and caring tone keeping in mind how Gabby must feel. Choose your answer. Next, we need to reflect on what she said so she knows we heard what she was trying to say. Select your response. Next, you need to validate how Gabby felt to show you care. Pick your response. Next, choose the response that you think is the best empathetic statement. Then, choose the response that is the most uplifting or positive to boost her spirits. Finally, leave a friendly farewell.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Demonstrate empathy. (B-SS 4)

SEL Competencies:

- *Social-awareness: Empathy

EMPATHY

The ability to think about how someone else might feel and to feel it as if you were experiencing it.

Empathy is...



- ✓ Understanding how the other person feels from their perspective, not from your own.
- ✓ Stepping into the "shoes" of another person.
- ✓ Recognizing others' emotional states.



Empathy is not...

- ✗ Feeling bad for someone or feeling pity.
- ✗ About how you would feel, but how the other person feels from their perspective.
- ✗ Carrying the other person's emotions with you.



You've
got mail

 DELETE  REPLY  FORWARD  TRASH  PRINT  SAVE

FROM: Gabby

TO: You

DATE: Today

SUBJECT: It's hard to be a superhero.

Hi friend, I need to talk to someone about how I feel. Sometimes I feel like I have the whole world on my shoulders and it can be overwhelming. It seems like I am always helping others, but no one is helping me. It can be kind of lonely in that way. Hope to hear from you soon.

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FROM: _____

TO: Gabby _____

DATE: _____


SUBJECT: Re: It's hard to be a superhero _____ Page 1

Use an appropriate and caring tone.

Choose your greeting:

(fill in the star of your choice)

 Hi Gabby, I am glad to hear from you.

 Hi Gabby, I am super busy right now.

 Hi Gabby, being a superhero sounds so cool.


 Hi Gabby, thank you for reaching out to me.

Let Gabby know you are listening and heard her correctly.


Choose your statement of reflection:

(fill in the star of your choice)

 You sound sad in your email.

 From what you wrote, I gather you are having a hard time right now.

 You sound like you are an awesome superhero.

 You are coming across as ungrateful.

FROM: _____

TO: Gabby _____

DATE: _____

SUBJECT: Re: It's hard to be a superhero Page 2

Express that Gabby's feelings are valid and real.

Choose your validation:

(fill in the star of your choice)

Anyone that was in that position would feel the same way.

Maybe you are just having a bad day.

I can see how you would feel overwhelmed.

I don't think others would feel the same.

Let Gabby know how you would feel if it was you.

Choose your empathetic statement:

(fill in the star of your choice)

If I was you, I would be happy to have superpowers.

If I was you, I imagine that I would feel unappreciated and that would make me sad too.

If I was you, I would feel overwhelmed too.

If I was you, I would not feel that way.

FROM: _____

TO: Gabby _____


DATE: _____

SUBJECT: Re: It's hard to be a superhero _____ Page 3

Help Gabby by saying something uplifting.


Choose your positive comment:

(fill in the star of your choice)

 Try to be more positive in the future.

 You will be okay.

 People are lucky to have you around to help them.

 You really do so much for others.

Let Gabby know you are here for her.

Choose your farewell:

(fill in the star of your choice)

 Let me know if you need to talk.

 Have a great weekend.

 Maybe we can talk when I have more time.

 I hope to hear from you again soon.



DELETE



REPLY



FORWARD



TRASH



PRINT



SAVE

FROM: _____

TO: Gabby _____

DATE: _____

SUBJECT: Re: It's hard to be a superhero. _____













Cut out and paste your answer onto the email

Use an appropriate and caring tone.

Choose your greeting:

(cut out the sentence response of your choice)



Hi Gabby, I am glad to hear from you.



Hi Gabby, I am super busy right now.



Hi Gabby, being a superhero sounds so cool.



Hi Gabby, thank you for reaching out to me.

Let Gabby know you are listening and heard her correctly.

Choose your statement of reflection:

(cut out the sentence response of your choice)



You sound sad in your email.



From what you wrote, I gather you are having a hard time right now.



You sound like you are an awesome superhero.



You are coming across as ungrateful.

Cut out and paste your answer onto the email

Express that Gabby's feelings are valid and real.

Choose your validation:

(cut out the sentence response of your choice)

☆ Anyone that was in that position would feel the same way.

☆ Maybe you are just having a bad day.

☆ I can see how you would feel overwhelmed.

☆ I don't think others would feel the same.

Let Gabby know how you would feel if it was you.

Choose your empathetic statement:

(cut out the sentence response of your choice)

☆ If I was you, I would be happy to have superpowers.

☆ If I was you, I imagine that I would feel unappreciated and that would make me sad too.

☆ If I was you, I would feel overwhelmed too.

☆ If I was you, I would not feel that way.

Cut out and paste your answer onto the email

Help Gabby by saying something uplifting.

Choose your positive comment:

(cut out the sentence response of your choice)

- | |
|---|
| ☆ Try to be more positive in the future. |
| ☆ You will be okay. |
| ☆ People are lucky to have you around to help them. |
| ☆ You really do so much for others. |

Let Gabby know you are here for her.

Choose your farewell:

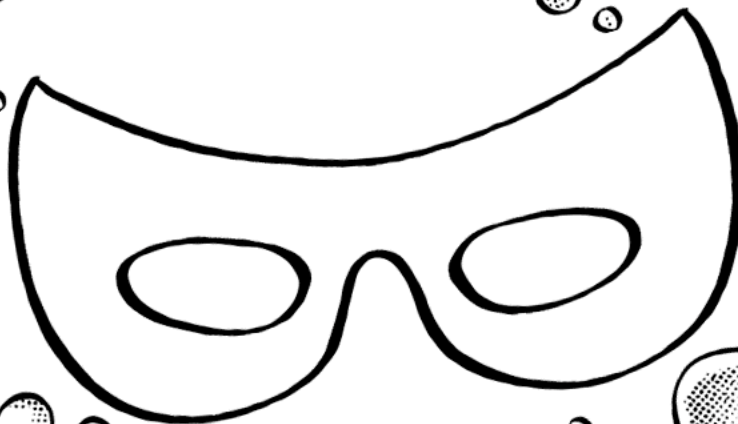
(cut out the sentence response of your choice)

- | |
|--|
| ☆ Let me know if you need to talk. |
| ☆ Have a great weekend. |
| ☆ Maybe we can talk when I have more time. |
| ☆ I hope to hear from you again soon. |

MASK OF EMPATHY

I want to show others
empathy when they:

I want others to show me
empathy when I:



I can show
my friend
empathy when
they are:

I can show
my teacher
empathy when they
are:

I can show my parents
empathy when they are:

SOCIAL EMOTIONAL LEARNING

Social Awareness

Appreciating Diversity

Session Objective:

*Students will identify similarities and differences between a diverse group of people.

Materials:

*Pencils.

*Diversity handouts.

Guiding Questions:

*Why is it important to understand how we are different and similar?

*How can unique traits or differences be a strength?

Session Details

*Say "Let's continue to discover more about Gabby's superpowers, today we will learn about her ability to appreciate diversity. This means she understands that each individual is unique, and she recognizes their differences. It is important to be open to people who are different from ourselves because we can learn from them. Everyone has different physical differences, some of us grew up in different places, some of us have different cultures, we all have different likes and dislikes. These make us diverse and unique which is a good thing, how boring would the world be if we were all the same? Let's start by discussing what Diversity is and is not. (Review the accompanying handout). Now let's read four different superhero social profiles. (Give each student the Diverse Superhero checkmark handout) As we are reading them, try to notice some differences/similarities they have and place a checkmark under the person who has the trait. (Review the social profile pages). Now, let's review our checkmarks. (Pass out the Unique/Common page). Write down under each superhero, one unique trait about them that no one else had. Then, at the bottom of the page list the traits that all of the superheroes had in common. This is one diverse group, each person brings different strengths to the group and when they work as a team their strengths are combined. Let's find out the diverse traits we have in our group. Fill out the blank social profile with your information. (Pass out the blank social page, and both What you bring to the team pages) Once your profile is complete, find traits about yourself from your profile and write them down on the What you bring to the team page. Let's go around and try to find someone who has traits in common with us. Try to find one trait that is unique, that no one else has. Write that one unique trait, if you have more than one just pick one to highlight, and complete the next page. Lastly, let's discuss a few things we learned about diversity and how it makes the world a more interesting place. (Complete the Diverse Superhero page.)

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)

*Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

SEL Competencies:

*Social-awareness: Appreciating diversity.

DIVERSITY

Understanding that each individual is unique, and recognizing our differences.

Diversity is...



Everyone is a little different, no one is exactly the same.



Valuing and respecting similarities and differences.



Learning about those who are different from you.



Diversity is not...



Being closed off to new and different things.



Thinking one person is better than another.



Excluding those who are not similar to you.

HOME

PROFILE

FRIENDS

MESSAGES



PROFILE PICTURE

Name: Darren

Strengths: organization skills, setting goals.

Working on improving: speech, computer skills.

Likes: keeping things tidy, being with friends, reading, helping others.

Dislikes: Computer work, messy areas, and working alone.

About:

Hi, my name is Darren. I have lived in the same neighborhood my whole life. I sometimes have difficulty saying certain letters correctly and I am working to improve my speech. I have short brown hair and black skin. I am really good at keeping things organized and setting goals for myself. I like keeping things tidy, reading, and helping others. I don't really like messes, working on the computer, or working alone. I much prefer working together as a team.

HOME

PROFILE

FRIENDS

MESSAGES



PROFILE PICTURE

Name: Liam

Strengths: Solving problems,
organization skills.

Working on improving: Reading skills.

Likes: Math, helping others, puzzles, being with friends, and group work.

Dislikes: Reading, sports, spicy foods.

About:

Hi, my name is Liam. Some people call me Liam the solution finder because I am good at solving problems. I have short blond hair, white skin, and I wear glasses. I am working on getting better at reading but it's not my favorite thing to do. What I do like to do is solve puzzles, especially when I do them with friends or in a group. I am not a fan of sports or spicy foods.

HOME

PROFILE

FRIENDS

MESSAGES



PROFILE PICTURE

Name: Emma

Strengths: Teamwork

Working on improving: Organization and goal setting skills.

Likes: Group work, being with friends, reading, helping others, spicy foods, and playing soccer.

Dislikes: Working on something alone.

About:

Hi, my name is Emma. I have long red hair, white skin with freckles, and I am quite tall. I am really great at working with others and I am an awesome soccer player. I am trying to improve my organization skills because my desk and backpack are too messy. I like being around my friends, reading, super spicy foods, and of course helping others.

HOME

PROFILE

FRIENDS

MESSAGES



PROFILE PICTURE

Name: Gabby

Strengths: Getting along with others.

Working on improving: Reading skills.

Likes: Math and Science, helping people, being with friends.

Dislikes: Being still for long periods of time, working on something alone.





About:

Hi, I'm Gabby and I am from Brazil. I was born there and moved here with my family a few years ago. I speak 3 languages: Portuguese, English, and Spanish. Sometimes when I speak English, I have an accent. I have brown skin and long hair. I can get along with just about anyone and love spending time with my friends. I also like helping people, especially as a team. Math and Science are my favorite subjects in school.

DIVERSE SUPERHEROES

PUT A CHECKMARK IF THE SUPERHERO HAS THAT QUALITY.



				
Speaks another language.				
Has good organization skills.				
Likes Reading.				
Working on improving their speech.				
Likes Math.				
Likes sports.				
Has short hair.				
Wears glasses.				
Has darker skin.				
Likes spicy foods.				
Likes being with friends.				
Likes working with others.				
Likes helping people.				
Has a superpower.				

UNIQUE QUALITIES OF EACH SUPERHERO:



A large, empty rounded rectangular box for writing the unique qualities of the first superhero.



A large, empty rounded rectangular box for writing the unique qualities of the second superhero.



A large, empty rounded rectangular box for writing the unique qualities of the third superhero.



A large, empty rounded rectangular box for writing the unique qualities of the fourth superhero.



QUALITIES THEY HAVE IN COMMON:

A large, empty rounded rectangular box for writing the common qualities of all four superheroes.

HOME

PROFILE

FRIENDS

MESSAGES

Name:

Strengths:

Working on improving:

PROFILE PICTURE

Likes:

Dislikes:

About:

WHAT YOU BRING TO THE TEAM

Write qualities about yourself below. Find something unique about you that you bring to the team and no one else does. Put a checkmark when you find someone with that quality in common.

My Qualities

My Qualities

WHAT YOU BRING TO THE TEAM



How this makes me special:

What I want others to know about this:

My Unique Quality:

This is how I can feel valued by others:

This is how I can help others feel valued:



DIVERSE SUPERHERO TEAM

What are some ways that people are different from one another?

What would the world be like if we were all the same?

Have you ever wished you were like someone else?

How should we treat people who are different from us?

SOCIAL EMOTIONAL LEARNING

Social Awareness

Respect for Others

Session Objective:

*Students will recognize respectful and disrespectful comments and actions.

Materials:

- *Pencils
- *Respect handouts

Guiding Questions:

- *Why is it important to be respectful?
- *How does showing respect to someone make them feel?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Demonstrate social maturity and behaviors appropriate to the situation and environment. (B-SS 9)

SEL Competencies:

- *Social-awareness: Respect for others.

Session Details

*Say "The last aspect of social awareness is having respect for others. This means taking the time to carefully consider the matter or person at hand and then placing importance upon it. It's about treating others and property with care and courtesy. It is often said regarding respect, treat others the way you want to be treated. If you borrow a toy from a friend for example you should treat that toy with the same respect you would want your friend to do if they had one of your toys. Respect for adults like your parents and teachers is very important as well. Talking back is a common disrespectful thing kids sometimes do to adults. A smart and respectful person knows when they need to speak up and when they should stay quiet. Saying a disrespectful remark, will often make a situation worse and make the adult feel that you do not respect all that they have done for you. (Review the Respect is/is not handout). Let's create our superhero and figure out how we will keep the peace and show respect. (Complete make your superhero handout). Now let's practice recognizing respectful words and actions with different scenarios. If you spot a disrespectful comment or action, be sure to write in how you could change it to be respectful.

RESPECT

Taking the time to carefully consider the matter or person at hand and then placing importance upon it.

Respect is...



Treating all humans with care and courtesy.



You accept somebody for who they are, even if they are different from you or you don't agree with them.



Being careful with something because it is important.



Respect is not...



Staying quiet when something unsafe is happening.



Agreeing with someone. You can disagree and still be respectful.



Fear or obedience.

MAKE YOUR OWN SUPERHERO

My superhero will keep the peace by:

Draw your superhero:

How to show respect for others:

How to show respect for things:

How to show respect for yourself:

RECOGNIZING RESPECT

I really want to see that new superhero movie that just came out.



That movie looks so bad! I would never see that in a million years.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

Someone moved my pencil box from my desk without asking.



Oops, that was me. Sorry, I will put it back right now.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

The teacher asked us to pick up the balls left on the playground.



Why? We did not even play with the balls.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

RECOGNIZING RESPECT

Your loud music is bothering me would you mind turning it down please?

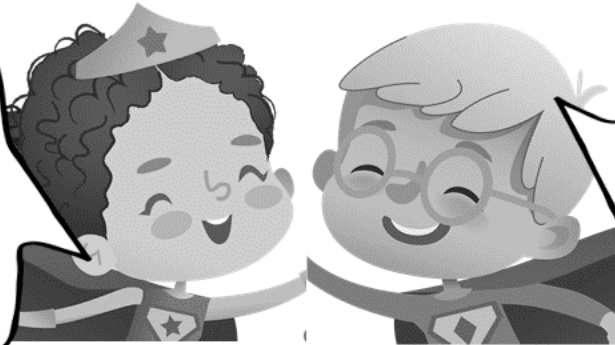


Sure, I can just use my headphones.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

So what happened was, I was on the way to the park and...



Oh man, it's late I have to get going.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

HA! Our team beat your team. We are the better players!!



Well, we tried our best.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

RECOGNIZING RESPECT

You are wrong about that and I am right.



That's not how I see it, I am right!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

What are you eating that looks so gross!



It's my grandma's famous recipe from her home country.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

Oh no, I spilled ketchup on your shirt. Sorry about that.



It's no big deal, I will wash it out.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

RECOGNIZING RESPECT

You left your trash in my area!



Well, you left trash in my area first!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

I really need to use the bathroom, I don't think I can wait.



Go ahead in front of me in line, I am not in a rush and you need it more.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

Can you sit on this side so I can be next to him?



No! I want to sit there, you sat there last time!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

RECOGNIZING RESPECT

That really hurt my feelings when you rolled your eyes at me!



Get over it!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

You took my crayons without asking me first.



So what? You were not even using them!

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

Would you mind passing me the paper?



Go get it yourself.

Was this Respectful? YES NO

If not, what could be done differently to be respectful?

GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [SEL Social Awareness](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

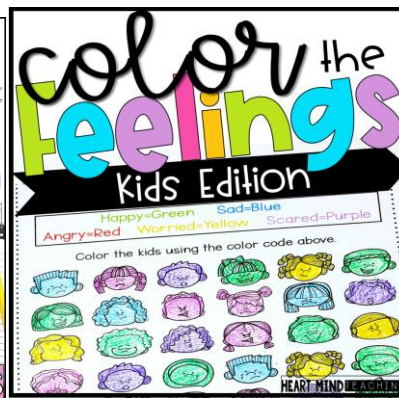
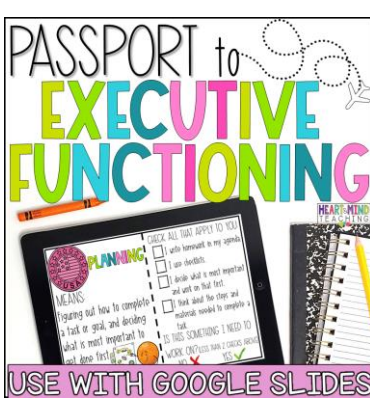
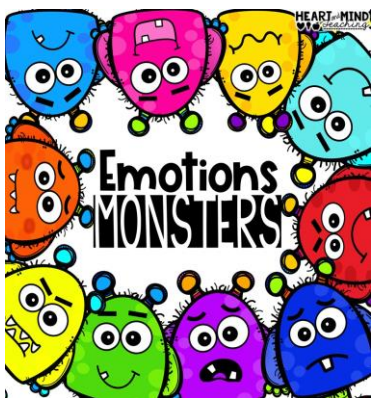
Click the icons to connect with me



All of my Tpt resources are 50% off for the first 24 hrs posted. Make sure to follow me so you do not miss a deal.

RECOMMENDED RESOURCES

Click the pictures to get a closer look.



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