

Social and Emotional Learning Quadrant

D51 has adopted this four-quadrant framework to guide our discussions and supports for our students.



Self-Awareness: *"I am aware of what I'm feeling and thinking."*

Self-Management: *"I can manage what I'm doing with my feelings and thoughts."*

Social-Awareness: *"I care about what others are feeling and thinking."*

Social-Management: *"I will establish and maintain healthy and rewarding relationships."*





Connecting the Quadrant to the Habits of Mind



Your child may have become acquainted with the Habits of Mind in their school activities as many teachers have begun to use them to support healthy, engaged learners in the classroom. The habits are reflective of skills and that are evident in people who succeed when challenges arise. In his book, *Leading and Learning with Habits of Mind*, Arthur L. Costa states: "They are the characteristics of what intelligent people do when they are confronted with problems, the resolutions to which are not immediately apparent." They are also thought of in the context of a Growth Mindset; meaning that people are not just 'born with' them, but that they can be taught and learned.

The 16 Habits of Mind were organized with the earlier numbers (1-12) being more about the individual, and the later ones (13-16) being more about the entire community.

There is no one correct way to link the D51 Social and Emotional Learning framework to the Habits of Mind, but some suggested connections between the four quadrants and the **16 Habits of Mind** are provided for you in the chart below. Notice that many are repeated.

<p>SELF-AWARENESS </p> <p><i>"I am aware of what I'm feeling and thinking."</i></p> <ul style="list-style-type: none"> 3. Listening with Understanding and Empathy 4. Thinking Flexibly 5. Thinking about Thinking (Metacognition) 7. Questioning and Posing Problems 9. Thinking and communicating with clarity and precision 11. Creating, Imagining, Innovating 12. Responding with Wonderment and Awe 14. Finding humor 15. Thinking Interdependently 16. Remaining Open to Continuous Learning 	<p>SELF-MANAGEMENT </p> <p><i>"I can manage what I'm doing with my feelings and thoughts."</i></p> <ul style="list-style-type: none"> 1. Persisting 2. Managing Impulsivity 3. Listening with Understanding and Empathy 6. Striving for Accuracy 7. Questioning and Posing Problems 8. Applying past knowledge to new situations 9. Thinking and communicating with clarity and precision 10. Gathering data through all senses 11. Creating, Imagining, Innovating 12. Responding with Wonderment and Awe 13. Taking responsible risks
<p>SOCIAL-AWARENESS </p> <p><i>"I care about what others are feeling and thinking."</i></p> <ul style="list-style-type: none"> 3. Listening with Understanding and Empathy 4. Thinking Flexibly 5. Thinking about Thinking (Metacognition) 7. Questioning and Posing Problems 9. Thinking and Communicating with Clarity and Precision 10. Gathering data through all senses 11. Creating, Imagining, Innovating 12. Responding with Wonderment and Awe 14. Finding Humor 15. Thinking Interdependently 16. Remaining Open to Continuous Learning 	<p>SOCIAL-MANAGEMENT </p> <p><i>"I will establish and maintain healthy and rewarding relationships."</i></p> <ul style="list-style-type: none"> 1. Persisting 6. Striving for Accuracy 7. Questioning and Posing Problems 8. Applying Past Knowledge to New Situations 9. Thinking and Communicating with Clarity and Precision 11. Creating, Imagining, Innovating 12. Responding with Wonderment and Awe 13. Taking Responsible Risks

"I am..."

"I can..."

"I care..."

"I will..."