

ILLINOIS STATE STANDARDS FOR SOCIAL/EMOTIONAL LEARNING CURRICULUM ALIGNMENT

The state of Illinois defines social and emotional learning as “the process through which children and adults acquire knowledge, attitudes, and skills they need to:”

- Recognize and manage their emotions
- Demonstrate caring and concern for others
- Establish positive relationships
- Make responsible decisions
- Handle challenging situations constructively

Further, “Quality SEL instruction in which students learn to process, integrate, and selectively apply SEL skills in developmentally, contextually, and culturally appropriate ways in conjunction with a safe, caring, participatory and responsive school climate can result in positive outcomes including:”

- Promotion of mental wellness
- Prevention of mental health issues
- School connectedness
- Reduction in student absenteeism
- Reduction in suspensions
- Adoption, implementation, and institutionalization of new practices
- Improved academic outcomes

Please see the list below for Hopeful Minds lessons that reinforce each standard and benchmark for late elementary students.

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

	Standard	Applicable HM Lesson(s)
A.	Identify and manage one's emotions and behavior.	Lessons 3, 4, 5
1A.2a.	Describe a range of emotions and the situations that cause them.	Lessons 3, 4
1A.2b.	Describe and demonstrate ways to express emotions in a socially acceptable manner.	Lessons 4, 5

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	Standard	Applicable HM Lesson(s)
B.	Recognize personal qualities and external supports.	Lessons 13
1B.2a.	Describe personal skills and interests that one wants to develop.	Lessons 4, 5, 8
1B.2b.	Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.	Lessons 2, 13
C.	Demonstrate skills related to achieving personal and academic goals.	Lessons 2, 7, 8
1C.2a.	Describe the steps in setting and working toward goal achievement.	Lessons 7, 8, 10
1C.2b.	Monitor progress on achieving a short-term personal goal.	Lessons 7, 8, 10

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

	Standard	Applicable HM Lesson(s)
A.	Recognize the feelings and perspectives of others.	Lessons 4, 14, 16
2A.2a.	Identify verbal, physical, and situational cues that indicate how others may feel.	Lessons 4, 14, 16
2A.2b.	Describe the expressed feelings and perspectives of others.	Lessons 4, 14, 16
B.	Recognize individual and group similarities and differences.	N/A
2B.2a.	Identify differences among and contributions of various social and cultural groups.	N/A
2B.2b.	Demonstrate how to work effectively with those who are different from oneself.	N/A
C.	Use communication and social skills to interact effectively with others.	Lessons 5, 13
2C.2a.	Describe approaches for making and keeping friends.	Lessons 5, 13, 14, 16
2C.2b.	Analyze ways to work effectively in groups.	N/A
D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.	Lesson 3
2D.2a.	Describe causes and consequences of conflicts.	Lesson 10
2D.2b.	Apply constructive approaches in resolving conflicts.	Lessons 10, 11

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Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

	Standard	Applicable HM Lesson(s)
A.	Consider ethical, safety, and societal factors in making decisions.	N/A
3A.2a.	Demonstrate the ability to respect the rights of self and others.	N/A
3A.2b.	Demonstrate knowledge of how social norms affect decision making and behavior.	N/A
B.	Apply decision-making skills to deal responsibly with daily academic and social situations.	Lessons 4, 5, 8, 10
3B.2a.	Identify and apply the steps of systematic decision making.	Lessons 4, 5, 8
3B.2b.	Generate alternative solutions and evaluate their consequences for a range of academic and social situations.	Lessons 8, 9, 10
C.	Contribute to the well-being of one's school and community.	Lessons 14, 16
3C.2a.	Identify and perform roles that contribute to the school community.	Lesson 16
3C.2b.	Evaluate one's participation in efforts to address an identified need in one's local community.	Lesson 16



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