



Social & Emotional Learning Core Competencies



- Mindfulness Activities to build skills in:
- Inhibitory Control
 - Attention

- Reflection activities build:
 - Increased self-knowledge
 - Empowerment by helping others

- Showing empathy and compassion for others:
 - Towards members of the school community
 - Towards the greater community

- Building and maintaining the mentor-mentee relationship
- Project-based learning activities

- Civic Education
- Direct links to Social Studies Curriculum
- Acting as agents in the community
- Service learning

Linking Social Emotional Competencies to Youth Ambassador Program Activities. Adapted from CASEL, 2013.