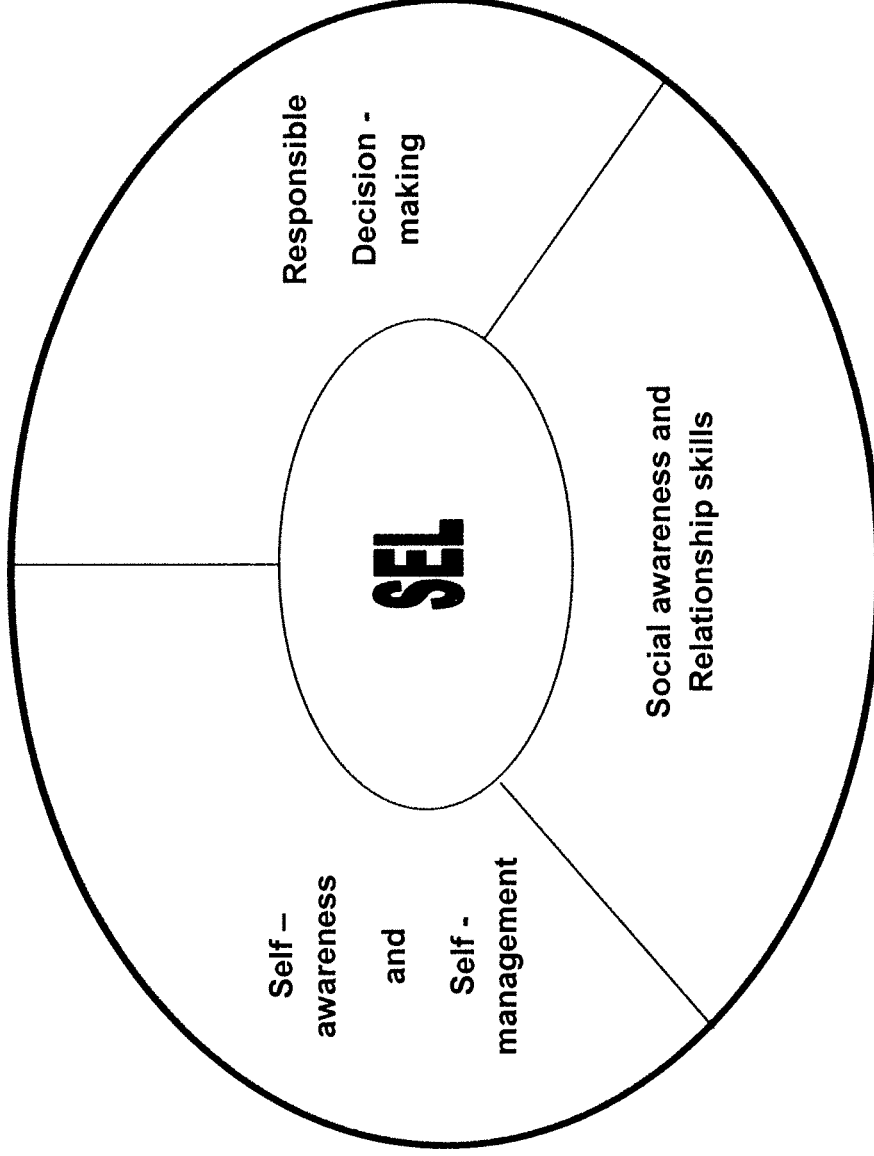


Social Emotional Learning



- Recognizing one's emotions and values as well as one's strengths and limitations

- Managing emotions and behaviors to achieve one's goals

- Making ethical constructive choices about personal and social behavior

- Showing understanding and empathy for others

- Forming positive relationships, working in teams, dealing effectively with conflict