



Teaching with the **HEART** in Mind

SEL

Crossing 3 Bridges

Equity
Centered
SEL



SELF

the "what"

Celebrate
diversity

Develop
collective
responsibility



RELATIONSHIPS

the "how"

Nurture
inclusive
relationships

Create
equitable
relationships






COMMUNITY

the "why"

Build
engaged
communities

Activate
social
transformation

Summary Chart: Shifting to an equity centered SEL

	SEL	Equity Centered SEL
 <p>SELF</p>	<p>Celebrate Diversity</p> <ul style="list-style-type: none"> • Develop awareness of the unique differences between individuals. • Generate ways to interpret and communicate emotions. • Develop a positive identity. • Develop self-management strategies to cope with stress and trauma. 	<p>Develop Collective Responsibility</p> <ul style="list-style-type: none"> • Develop cultural awareness of learned beliefs, and how stereotypes and prejudices are generated. • Nurture emotional capacity to face and heal from racism and inequity. • Develop a positive racial and ethnic identity. • Identify social expectations of emotional expression and management.
Skills: Honor your Emotions and Elect Your Responses*		
 <p>RELATIONSHIPS</p>	<p>Nurture Inclusive Relationships</p> <ul style="list-style-type: none"> • Develop empathy and understanding of those who have different emotions and experiences. • Evaluate effectiveness of own conflict resolution skills. • Practice assertive communication and active listening. 	<p>Create Equitable Relationships</p> <ul style="list-style-type: none"> • Analyze how power and privilege influence social dynamics. • Discuss whiteness and reasons behind differential treatment. • Develop cultural fluency and culturally competent communication skills.
Skills: Apply Empathy and Reignite Relationships*		
 <p>COMMUNITY</p>	<p>Build Engaged Communities</p> <ul style="list-style-type: none"> • Identify issues and challenges in the community. • Develop strategies to positively contribute to the community. • Implement a plan to use personal strengths to address community issues. 	<p>Activate Social Transformation</p> <ul style="list-style-type: none"> • Analyze the social, economical and political structures that maintain inequities. • Develop youth agency and civic engagement to act on inequities. • Create structures that support collective responsibility and equitable relationships.
Skills: Transform with Purpose*		

*These are the five SEL skills in the *HEART in Mind* model.



- H**onor Your Emotions
- E**lect Your Responses
- A**pply Empathy
- R**eignite Your Relationships
- T**ransform with Purpose