Teaching with the HEART in Mind

Crossing 3 Bridges

SEL

SELF
- Celebrate diversity
- Develop collective responsibility
- the “what”

RELATIONSHIPS
- Nurture inclusive relationships
- Create equitable relationships
- the “how”

COMMUNITY
- Build engaged communities
- Activate social transformation
- the “why”

Equity Centered SEL

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### Summary Chart: Shifting to an equity centered SEL

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<th>SEL</th>
<th>Equity Centered SEL</th>
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| **Celebrate Diversity**  
• 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. | **Develop Collective Responsibility**  
• 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*** | **Skills: Honor your Emotions and Elect Your Responses*** |
| **Nurture Inclusive Relationships**  
• 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. | **Create Equitable Relationships**  
• 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*** | **Skills: Apply Empathy and Reignite Relationships*** |
| **Build Engaged Communities**  
• 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. | **Activate Social Transformation**  
• 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.

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** Honor Your Emotions  
Elect Your Responses  
Apply Empathy  
Reignite Your Relationships  
Transform with Purpose