

**SOCIAL EMOTIONAL WELLNESS RUBRIC**

CRITERIA	DEVELOPING	AWARE	CONNECTED
<b>SELF-AWARENESS</b> <i>“I Reflect”</i> Emotional honesty Self-confident Clear concept of happiness Recognizes connection between choices & happiness	<ul style="list-style-type: none"> <li>Difficulty identifying and expressing what he/she is feeling in the moment</li> <li>Rarely reflects on his/her experiences</li> <li>Gains little insight from past experiences, therefore repeats choices that lead to stress and unhappiness</li> <li>Appears unsure of his/her abilities</li> </ul> 0-----5-----15	<ul style="list-style-type: none"> <li>Able to describe what he/she is feeling in the moment</li> <li>Integrates new insights about past experiences into his/her life following personal reflection</li> <li>Has a clear sense of self-confidence</li> <li>Can identify the choices that bring him/her happiness</li> </ul> 17-----19-----21	In addition to meeting the AWARE criteria... <ul style="list-style-type: none"> <li>Can easily make connections between their motivations, emotions and their causes</li> <li>Uses his/her abilities to their full potential</li> <li>Easily adjusts choices knowing which will bring about happiness</li> </ul> 23-----24-----25
<b>SELF-MANAGEMENT</b> <i>“I Think (Before I Act)”</i> Manages emotions Personally responsible Positive thoughts, words & actions Ethical decision-making	<ul style="list-style-type: none"> <li>Difficulty dealing with his/her emotions in the moment</li> <li>Tends to react impulsively to external circumstances</li> <li>Rarely takes responsibility for his/her actions and their outcomes in his/her life</li> <li>Often communicates and acts in ways that hurt or hinder himself/herself</li> </ul> 0-----5-----15	<ul style="list-style-type: none"> <li>Manages his/her emotions effectively</li> <li>Takes personal responsibility for his/her actions and their outcomes on his/her life</li> <li>Is reflective and positive in how he/she communicates and acts</li> <li>Makes thoughtful choices in his/her life that bring about personal happiness</li> </ul> 17-----19-----21	In addition to meeting the AWARE criteria... <ul style="list-style-type: none"> <li>Easily make connections between their motivations, emotions and their outcomes</li> <li>Makes continuous improvements on past choices that did not bring about good outcomes or happiness</li> <li>Is proactive, optimistic and committed to ethical living</li> </ul> 23-----24-----25
<b>SOCIAL-AWARENESS</b> <i>“I Appreciate”</i> Shows empathy Global awareness Respects diversity	<ul style="list-style-type: none"> <li>Difficulty recognizing the feelings and circumstances of others</li> <li>Difficulty tolerating differences in others</li> <li>Makes inappropriate comments in diverse groups (cultural, religious, etc.)</li> <li>Gets easily frustrated in diverse groups</li> </ul> 0-----5-----15	<ul style="list-style-type: none"> <li>Listens to others with understanding and empathy</li> <li>Shows respect and appreciation for cultural, religious and lifestyle differences</li> <li>Recognizes that regardless of differences, we all experience common emotions.</li> </ul> 17-----19-----21	In addition to meeting the AWARE criteria... <ul style="list-style-type: none"> <li>Models respect and empathy for others</li> <li>Makes extra efforts to learn more about different cultures, religions and lifestyles</li> </ul> 23-----24-----25
<b>SOCIAL-MANAGEMENT</b> <i>“I Choose”</i> Shows compassion Understands interdependence Collaborates and negotiates conflict Ethical decision-making in groups	<ul style="list-style-type: none"> <li>Appears disconnected from others</li> <li>Does not take responsibility for the impact of his/her choices on others</li> <li>Often intensifies conflict in groups</li> <li>Tends to make choices that hurt or hinder others</li> </ul> 0-----5-----15	<ul style="list-style-type: none"> <li>Shows compassion for others</li> <li>Takes responsibility for the impact of his/her actions on others</li> <li>Collaborates effectively with others and negotiates conflict respectfully</li> <li>Shows integrity and thoughtful decision-making in groups</li> </ul> 17-----19-----21	In addition to meeting the AWARE criteria... <ul style="list-style-type: none"> <li>Models compassion for others by building new connections in the group</li> <li>Collaborates with groups to make decisions that respect the diversity in the group and enable everyone to benefit</li> </ul> 23-----24-----25