

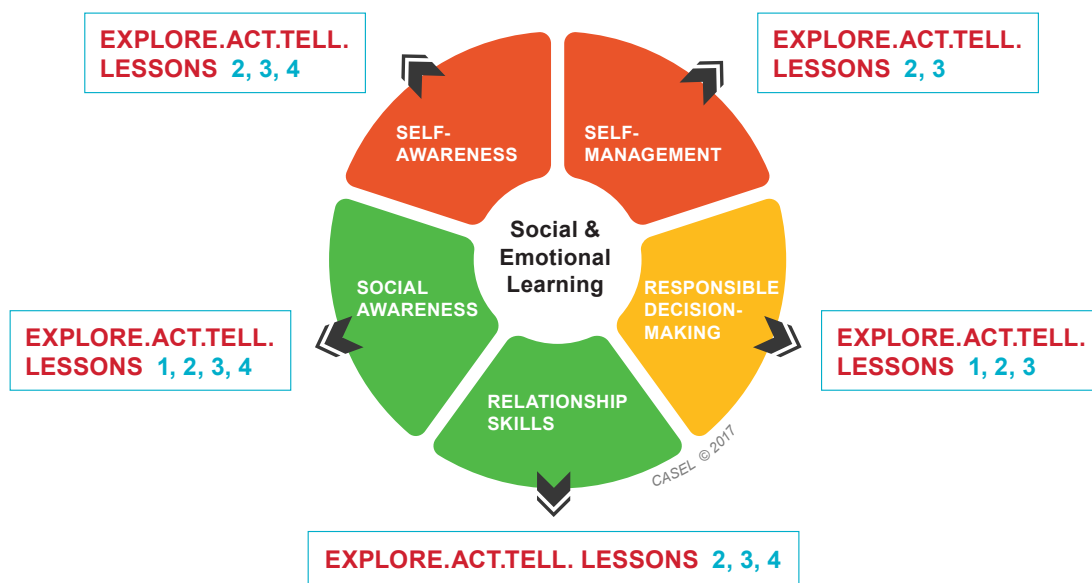


# Social & Emotional Learning

Powered by Students nourishing neighbors

The Explore.Act.Tell. program is an innovative program that educates students about hunger issues in their community. Students develop and practice various social and emotional learning skills as they design and implement a project to benefit their community.

Refer to this chart to determine the CASEL Competencies addressed within the Explore.Act.Tell. Lessons; descriptions listed below.



### SELF-AWARENESS

Students assess their strengths and limitations by identifying appropriate project roles, tracking performance throughout project implementation and reflecting on their project experience. ▶ Create an Action Plan ▶ Track & Measure Success ▶ Personal Reflection

### SELF-MANAGEMENT

Students learn goal setting and organizational skills by developing and executing an action plan that meets a community need. ▶ Set a CLEAR Project Goal ▶ Create and Action Plan ▶ Implement the Project

### RESPONSIBLE DECISION-MAKING

Students consider the well-being of others as they research and analyze community needs and work to develop a solution. Problem solving and communication skills are used as students implement the project. Students track their progress and adapt their actions to make necessary changes within their project. ▶ Explore Hunger at a Local Level ▶ Explore Project Ideas ▶ Create an Action Plan ▶ Track & Measure Success

### RELATIONSHIP SKILLS

Students work with others to meet a community need. Students need to appreciate the strengths of others, communicate clearly, listen well, and cooperate in order to be successful. ▶ Create an Action Plan ▶ Implement the Project ▶ Create PSA Video

### SOCIAL-AWARENESS

Students become socially aware and learn to empathize through research of school or community needs. Students recognize and appreciate the diversity of their local community. ▶ Explore Hunger as a National Issue ▶ Explore Hunger at a Local Level ▶ Implement the Project ▶ Personal Reflection

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