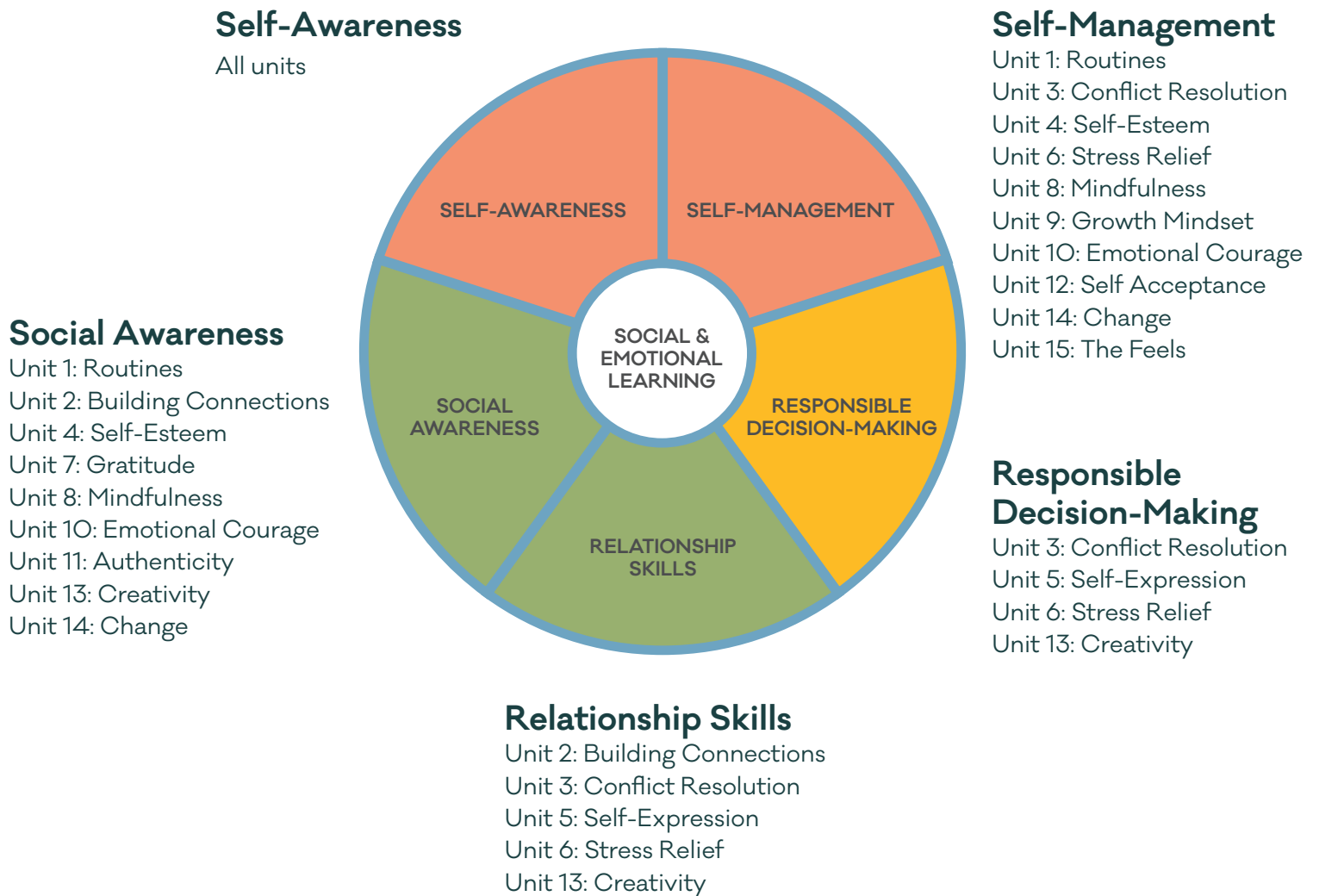




## Alignment Diagram: CASEL Core SEL Competencies

This diagram illustrates how Slumberkins SEL Curriculum aligns with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies. The SEL competencies are woven throughout the Slumberkins SEL Curriculum. For example, Self-Awareness is addressed in each unit of the curriculum.





## Alignment Chart: CASEL Core SEL Competencies

The following table outlines key skills developed throughout the Slumberkins SEL Curriculum and how they align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning competencies.

Slumberkins Unit	Key Skills	CASEL Core Competencies
<b>Unit 1: Routines with Sloth</b>	<ul style="list-style-type: none"> <li>• Explore routines and procedures in the classroom.</li> <li>• Recognize how to use the classroom Comfort Corner to manage big feelings.</li> <li>• Identify key locations outside the classroom and adults who can help.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Social Awareness</li> </ul>
<b>Unit 2: Building Connections with Otter</b>	<ul style="list-style-type: none"> <li>• Build connections by learning about each students' culture and traditions.</li> <li>• Ask questions and listen to understand others' points of view.</li> <li>• Show acceptance by giving encouragement or support.</li> <li>• Create a classroom Heart Family where everyone feels respected, safe, valued, and connected.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Social Awareness</li> <li>• Relationship Skills</li> </ul>
<b>Unit 3: Conflict Resolution with Hammerhead</b>	<ul style="list-style-type: none"> <li>• Understand that MAD is not bad.</li> <li>• Recognize how mad and calm feel and show up in our bodies.</li> <li>• Manage big feelings by using strategies to feel calm.</li> <li>• Practice teamwork and a collaborative problem-solving routine.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Social Awareness</li> </ul>
<b>Unit 4: Self-Esteem with Bigfoot</b>	<ul style="list-style-type: none"> <li>• Recognize and appreciate personal strengths and limitations.</li> <li>• Practice identifying big feelings and creating a safe space to take a break.</li> <li>• Identify ways to mend your heart after experiencing hurt feelings, as well as mend relationships with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Social Awareness</li> </ul>

Slumberkins Unit	Key Skills	CASEL Core Competencies
<b>Unit 5: Self-Expression with Lynx</b>	<ul style="list-style-type: none"> <li>• Understand why it's important to trust and listen to your inner voice.</li> <li>• Practice expressing your inner voice and using words to advocate for your needs and what is best for you.</li> <li>• Define your boundaries.</li> <li>• Identify ways to respect others' boundaries.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Relationship Skills</li> <li>• Responsible Decision-Making</li> </ul>
<b>Unit 6: Stress Relief with Alpaca</b>	<ul style="list-style-type: none"> <li>• Recognize how the brain functions when calm versus feeling stressed or anxious.</li> <li>• Begin to recognize fight, flight, and freeze responses and how the body may react when faced with stress.</li> <li>• Practice a variety of coping strategies that can help take care of your worries.</li> <li>• Make a problem solving plan to support stress relief.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Responsible Decision-Making</li> </ul>
<b>Unit 7: Gratitude with Honey Bear</b>	<ul style="list-style-type: none"> <li>• Name one person, thing, and place you are grateful for.</li> <li>• Identify ways to show gratitude for others and ways of showing gratitude to the earth.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Social Awareness</li> <li>• Relationship Skills</li> </ul>
<b>Unit 8: Mindfulness with Yeti</b>	<ul style="list-style-type: none"> <li>• Explore the Five senses.</li> <li>• Understand how feelings may look, feel, and show up in the body.</li> <li>• Build a toolbox of regulation strategies and support.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Social Awareness</li> </ul>
<b>Unit 9: Growth Mindset with Narwhal</b>	<ul style="list-style-type: none"> <li>• Understand that the brain can grow and change.</li> <li>• Set a goal and make a plan to reach it.</li> <li>• Persevere through challenges.</li> <li>• Understand the benefit of teamwork and collaborative problem solving.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Relationship Skills</li> </ul>
<b>Unit 10: Emotional Courage with Ibex</b>	<ul style="list-style-type: none"> <li>• Understand that Sensitivity is a superpower.</li> <li>• Practice doing the right thing, even when it's the hard thing.</li> <li>• Build empathy by supporting others, their feelings, and experiences through a new strategy.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Social Awareness</li> <li>• Relationship Skills</li> </ul>

Slumberkins Unit	Key Skills	CASEL Core Competencies
<b>Unit 11: Authenticity with Unicorn</b>	<ul style="list-style-type: none"> <li>• Define what makes your light shine.</li> <li>• Recognize how others might dim your light and how to use your inner voice to feel brave during these difficult times.</li> <li>• Practice being true to yourself and accepting of others.</li> <li>• Understand that together, we shine.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Social Awareness</li> <li>• Relationship Skills</li> </ul>
<b>Unit 12: Self-Acceptance with Yak</b>	<ul style="list-style-type: none"> <li>• Understand the power of positive self-talk.</li> <li>• Understand that it's okay to make mistakes and how to persevere.</li> <li>• Identify what a safe and calm place looks like for you.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> </ul>
<b>Unit 13: Creativity with Dragon</b>	<ul style="list-style-type: none"> <li>• Demonstrate curiosity and open-mindedness.</li> <li>• Practice resolving conflicts constructively.</li> <li>• Practice teamwork and problem-solving to create a collaborative art project.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Social Awareness</li> <li>• Relationship Skills</li> <li>• Responsible Decision-Making</li> </ul>
<b>Unit 14: Change with Fox</b>	<ul style="list-style-type: none"> <li>• Explore change and transitions, both big and small, and how they can impact feelings.</li> <li>• Identify ways to cope with change and transitions.</li> <li>• Identify people who can support you during changes of all sizes when big feels are too big to handle alone.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Social Awareness</li> </ul>
<b>Unit 15: The Feels</b>	<ul style="list-style-type: none"> <li>• Identify SCARED, MAD, and SAD and learn strategies for taking care of these feelings.</li> <li>• Identify WORRIED and how to manage this feeling through cognitive/thought techniques.</li> <li>• Identify CALM and how taking care of their FEELS helps them to be in control and make choices they want.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> </ul>