EMPATHY AND LISTENING GUIDE

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has extensive knowledge in social-emotional learning best practices from years of research and investigation. The **15 teachable social-emotional skills** listed below will ensure **sound character and social-emotional development,** as well as help GameChangers view themselves as **positive resources** for their families, schools, workplaces, and communities.

1. KNOWING ONE'S EMOTIONS

2. ABILITY TO TAKE OTHER'S PERSPECTIVES

3. LISTENING & COMMUNICATING EFFECTIVELY

4. CONFLICT-MANAGEMENT SKILLS AND NEGOTIATION SKILLS

5. RECOGNIZING STRENGTH IN SELF AND OTHERS

6. SHOWING ETHICAL, MORAL, AND SOCIAL RESPONSIBILITY

7. RESPECTING OTHERS

8. SETTING ADAPTIVE AND/OR LEARNING GOALS

9. COOPERATING WITH OTHERS

10. SEEKING AND GIVING HELP AND SUPPORT

11. PERCEIVING OTHERS' FEELINGS ACCURATELY

12. LEADING AND BEING A GOOD TEAM MEMBER

13. PROBLEM-SOLVING SKILLS & DECISION-MAKING SKILLS

14. COMMUNICATING AND INTERACTING EFFECTIVELY WITH DIVERSE OTHERS

15. DEVELOPING CONSTRUCTIVE, HEALTHY, ETHICAL, MUTUAL RELATIONSHIPS