









# SELweb and Open Circle Alignment

**SELweb** is a direct assessment of key social-emotional skills, including: emotion recognition, social perspective-taking, social problem-solving, and self-control. **Open Circle** is an evidence-based social and emotional learning program for grades K-5 that proactively develops children's skills for recognizing and managing emotions, empathy, positive relationships and problem solving. This document describes alignment between SELweb and Open Circle skills. Key: ✓ = some overlap; ✓✓ = significant overlap

Open Circle Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
<b>Unit 1: Beginning Together</b>	Getting In and Out of Open Circle				✓
	Being Together in Open Circle		✓		
	Ways We Are the Same and Different		✓		
	Classroom Rules				✓
	Nonverbal Signals	✓✓			
<b>Unit 2: Managing Ourselves</b>	Being Calm				✓✓
	Listening Skills		✓✓		
	Recognizing and Naming Feelings (K-4)	✓✓			
	Understanding the Feelings of Others (5)	✓✓			
	Body Language	✓✓			
	Getting Calm When You Feel Upset				✓✓
	Positive Self-Talk				✓✓

Open Circle Lesson / SELweb Skill		 Emotion Recognition	 Perspective- Taking	 Problem- Solving	 Self- Control
<b>Unit 3: Strengthening Relationships</b>	Giving and Receiving Compliments		✓		
	Including One Another		✓	✓	
	Cooperating		✓ ✓	✓	
	Speaking Up				✓
	Expressing Angry Feelings		✓		✓
<b>Unit 4: How to Sort Problems</b>	Dangerous and Destructive Behaviors				✓
	Responding to Annoying Behavior		✓		
	Teasing		✓		
	What is Bullying Behavior? (3-5)			✓	
	What is a Bystander? (3-5)			✓	
	What is an Ally? (3-5)		✓	✓	
	Recognizing Discrimination (4-5)			✓	
<b>Unit 5: Problem Solving</b>	Discussing Problem Solving			✓	
	Calm Down and Identify the Problem			✓ ✓	
	Decide on a Positive Goal			✓ ✓	
	Brainstorm Solutions			✓ ✓	
	Evaluate Solutions			✓ ✓	
	Make a Plan and Try It			✓ ✓	
	Practicing Problem Solving			✓ ✓	
	Overcoming Obstacles (4-5)			✓ ✓	
	Being a Positive Leader				✓