

SELweb is a direct assessment of key social-emotional competencies, including: self-awareness, emotion recognition, social perspective-taking, social problem-solving, and self-control. Tumaini lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in Tumaini lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	Lesson	Tumaini Way Lesson	SELweb MS and HS Competence				
			 Self-Awareness	 Self-Management	 Social Awareness	 Relationship Skills	 Responsible Decision-Making
Unit 1: Self-Awareness	1	The Influence of Personal Qualities on Choices and Success	✓				
	2	Identifying Emotional Triggers	✓	✓			
	3	Self-Confidence and Optimism	✓				
	4	Recognizing Strengths and Areas of Growth	✓				
	5	Identifying Personal Needs and values	✓				
Unit 2: Self-Management	6	Identifying and Managing Emotional Behaviors	✓	✓			
	7	Identifying How Your Emotions and Behaviors Impact Others		✓	✓		
	8	Using Mindfulness Exercises to Cope with Stress and Anxiety		✓			
	9	Developing SMART Goals and Action Plans		✓			✓
	10	Overcoming Barriers to Success		✓		✓	
Unit 3: Social Awareness	11	Empathy			✓		
	12	Gratitude and Giving Back			✓	✓	
	13	Respect for Others			✓	✓	
	14	Opposing Stereotyping and Prejudice			✓	✓	
	15	Advocating for the Rights of Others			✓	✓	
Unit 4: Relationship Skills	16	Identifying Healthy Relationships				✓	
	17	Managing and Expressing Emotions in a Relationship	✓	✓		✓	
	18	Expressing Diverse Viewpoints			✓	✓	
	19	Communicating Effectively			✓	✓	
	20	Resolving Conflict				✓	
Unit 5: Responsible Decision-Making	21	Making Responsible Decisions				✓	✓
	22	Cultural and Societal Influence on Decisions and Behaviors					✓
	23	Personal Accountability	✓				✓
	24	Leadership	✓				✓
	25	Self-Reflection and Evaluation	✓				✓