





SELweb / Empowering Minds Program Alignment

SELweb Early Elementary (EE) is a direct assessment of key social-emotional competencies, including: emotion recognition, social perspective-taking, social problem-solving, and self-control. **Empowering Minds** includes unified K-8 lesson themes in mindfulness, healthy relationships, and the brain. This document describes alignment between SELweb and the targets of instruction in Empowering Minds lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb.





Key: ✓ = some overlap ✓✓ = significant overlap

Empowering Minds Lesson	 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Kindergarten to Third Grade				
Mindfulness: Introduction				✓✓
Building Relationships	✓	✓	✓	
Coping Skills				✓✓
Mindful Body				✓✓
I-Statements			✓✓	
Mindful Breathing				✓✓
The Brain				✓
Listening	✓	✓✓		✓
Gratitude				✓
Decision-Making			✓✓	✓
Self-Talk				✓✓
Emotion Literacy	✓			✓
Apologizing		✓	✓✓	✓
Conflict Resolution		✓	✓✓	✓
Perspective-Taking	✓	✓✓		
How the Brain Grows				✓
Growth Mindset				✓

Strengths and Weaknesses				✓
Goal-Setting				✓✓
Mind-Body Connection				✓✓
Diversity		✓✓		
Fair versus Equal		✓		
Bullying			✓✓	
Thoughts, Behaviors, Emotions	✓	✓	✓	✓✓
Mindful Eating				✓✓
Kindness and Compassion			✓✓	✓
Take Mindfulness With You				✓✓
Self-Compassion				✓✓
Mindful Art				✓✓
Healthy Goodbyes			✓✓	✓

SELweb Late Elementary (LE) is a direct assessment of key social-emotional competencies in 4th to 6th grade, including: self-awareness, understanding others' emotions and perspectives, social problem-solving, and self-control. **Empowering Minds** includes unified K-8 lesson themes in mindfulness, healthy relationships, and the brain. This document describes alignment between SELweb and the targets of instruction in Empowering Minds lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb.

Key: ✓ = some overlap, ✓✓ = significant overlap

Empowering Minds Lesson	 Self-Awareness	 Perspective-Taking	 Problem-Solving	 Self-Control
Fourth to Sixth Grade				
Mindfulness: Introduction	✓			✓✓
Building Relationships		✓	✓	
Coping Skills	✓			✓✓
Mindful Body	✓			✓✓
I-Statements	✓		✓✓	
Mindful Breathing	✓			✓✓

The Brain	✓✓			✓
Listening		✓✓		✓
Gratitude	✓			✓
Decision-Making			✓✓	✓
Self-Talk	✓			✓✓
Emotion Literacy		✓		✓
Apologizing		✓	✓✓	✓
Conflict Resolution		✓	✓✓	✓
Perspective-Taking		✓✓		
How the Brain Grows	✓			✓
Growth Mindset	✓			✓
Strengths and Weaknesses	✓✓			✓
Goal-Setting				✓✓
Mind-Body Connection	✓			✓✓
Diversity		✓✓		
Fair versus Equal		✓		
Bullying			✓✓	
Thoughts, Behaviors, Emotions		✓	✓	✓✓
Mindful Eating	✓			✓✓
Kindness and Compassion			✓✓	✓
Take Mindfulness With You	✓			✓✓
Self-Compassion	✓			✓✓
Mindful Art	✓			✓✓
Healthy Goodbyes			✓✓	✓