SELweb and Michigan Model for Health Alignment

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

Michigan Model for Health Lessons	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Kindergarten				
Showing respect and caring	✓	✓	✓	
Making and keeping friends		✓	✓	
Understanding caring touch in positive relationships		✓		
Identifying and expressing feelings	✓			✓
Managing strong feelings				✓
Giving and receiving compliments and appreciation		✓	✓	
Being responsible at home and school			✓	✓
Identifying people who can help		✓	✓	
First Grade				
Predicting feelings in others	✓			
Asking how others feel	✓	✓		
Showing courtesy to others	✓	✓		
Demonstrating giving and receiving compliments or appreciation		✓	✓	
Describing ways family members and friends help each other			✓	
Building friendships by listening	✓	✓		
Solving problems with a decision-making process (WIN)			✓	✓
Second Grade				
Identifying and expressing feelings	✓			✓
Handling mixed feelings				✓
Expressing feelings and listening	✓	✓		✓
Discovering ways to show respect	✓	✓		
Managing anger and other strong feelings				✓
Practicing the WIN steps for decision-making			✓	
Third Grade				
Analyzing influences of positive role models and friends		✓		
Making and keeping friends	✓	✓	✓	✓
Recognizing special talents in self and others		✓		
Respective differences and supporting others	✓	✓	✓	
Helping others who are bullied	✓	✓	✓	
Identifying when to get help from adults			✓	
Demonstrating thanks and appreciation		✓	✓	
Expressing annoyance respectfully		✓	✓	✓

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Michigan Model for Health Lessons	Understanding Others	Problem-Solving	Self-Control
Fourth Grade			
Managing strong feelings			✓
Introducing I-messages	✓	✓	
Practicing positive self-talk			✓
Describing effects of teasing and bullying	✓	✓	
Protecting self and others who are bullied and teased	✓	✓	
Demonstrating the WISE decision-making and problem-solving skills		✓	
Developing non-violent conflict resolution skills		✓	✓
Fifth Grade			
Identifying feelings of different intensities in self and others	✓		
Applying skills to manage strong feelings			✓
Applying I-messages	✓	✓	
Protecting self and others when bullied or harassed	✓	✓	
Demonstrating assertive communication and listening skills	✓	✓	
Identifying situations that could lead to trouble		✓	
Practicing the WISE decision-making and problem-solving skills		✓	
Demonstrating how to get hlep for self and others in dangerous situations		✓	
Practicing non-violent conflict resolution skills		✓	
Setting personal goals			✓
Advocating for a healthy school enviroment		✓	
Sixth Grade			
Analyzing positive and negative risks of friendships	✓	✓	
Demonstrating effective listening skills and expressing appreciation	✓	✓	
Understanding when to use assertive communicaiton, including I-messages	✓	✓	
Practicing skills to manage strong feelings			✓
Dealing with angry feelings using the COOL steps			✓
Getting help with decision-making and problem-solving skills		✓	
Evaluating solutions or problems and decisions		✓	
Analyzing non-violent conflict resolution skills		✓	
Defining and managing stress			✓