







## SELweb Early Elementary (EE) and TRAILS SEL 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. **TRAILS** lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in TRAILS 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.

TRAILS Lesson		SELweb Competence			
		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Kindergarten Through Second Grade					
1	Introduction to Social and Emotional Learning	✓			✓
2	Mindfulness	✓	✓		✓
3	What is CBT?		✓		✓
4	Emotions		✓	✓	✓
5	Thoughts		✓		✓
6	Unhelpful Thoughts				✓
7	Managing Strong Emotions				✓
8	Getting Active				✓
9	Relaxation				✓
10	Self-Care				✓
11	Identifying My Supports		✓	✓	
12	Empathy	✓	✓		
13	Diversity		✓	✓	
14	Establishing Relationships			✓	
15	Clear Communication	✓	✓		✓
16	Dealing with Conflict			✓	
17	Maintaining Relationships		✓	✓	
18	Problem-Solving			✓	
19	Values		✓	✓	
20	Goals			✓	✓



## SELweb Late Elementary (LE) and TRAILS SEL Program Alignment

**SELweb Late Elementary (LE)** is a direct assessment of key social-emotional competencies, including: self-awareness, emotion recognition, social perspective-taking, social problem-solving, and self-control. **TRAILS** lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in TRAILS 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.






TRAILS Lesson		SELweb Competence				
		 Self Awareness	 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Third Through Fifth Grade						
1	Introduction to Social and Emotional Learning	✓	✓			✓
2	Mindfulness		✓	✓		✓
3	What is CBT (Think-Feel-Do Cycle)?	✓		✓		✓
4	Emotions	✓		✓	✓	✓
5	Thoughts			✓		✓
6	Unhelpful Thoughts					✓
7	Managing Strong Emotions					✓
8	Getting Active					✓
9	Relaxation					✓
10	Self-Care	✓				✓
11	Identifying My Supports			✓	✓	
12	Empathy		✓	✓		
13	Diversity			✓	✓	
14	Establishing Relationships				✓	
15	Clear Communication		✓	✓		✓
16	Dealing with Conflict				✓	
17	Maintaining Relationships			✓	✓	
18	Problem-Solving				✓	
19	Values			✓	✓	
20	Goals				✓	✓

Note: In fourth and fifth grades, Emotion Recognition and Social Perspective Taking are reflected in a single "Understanding Others" score.








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Skill		SELweb Competence				
		 Self Awareness	 Self Management	 Social Awareness	 Relationship Skills	 Responsible Decision-Making
Sixth Through Eighth Grade						
1	Introduction to Social and Emotional Learning	✓	✓	✓	✓	✓
2	Mindfulness	✓	✓	✓	✓	✓
3	What is CBT (Think-Feel-Do Cycle)?	✓	✓	✓	✓	✓
4	Emotions	✓		✓		
5	Thoughts	✓		✓		
6	Unhelpful Thoughts		✓			
7	Managing Strong Emotions		✓			
8	Getting Active		✓			
9	Relaxation		✓			
10	Self-Care		✓			✓
11	Identifying My Supports			✓		
12	Empathy			✓	✓	
13	Diversity			✓		
14	Establishing Relationships				✓	
15	Clear Communication		✓		✓	
16	Dealing with Conflict		✓		✓	
17	Maintaining Relationships		✓	✓	✓	
18	Problem-Solving				✓	✓
19	Values	✓				✓
20	Goals	✓				✓

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Skill		SELweb Competence				
		 Self Awareness	 Self Management	 Social Awareness	 Relationship Skills	 Responsible Decision-Making
Ninth Through Twelfth Grade						
1	Introduction to Social and Emotional Learning	✓	✓	✓	✓	✓
2	Mindfulness	✓	✓	✓	✓	✓
3	What is CBT (Think-Feel-Do Cycle)?	✓	✓	✓	✓	✓
4	Emotions	✓		✓		
5	Thoughts	✓		✓		
6	Unhelpful Thoughts		✓			
7	Managing Strong Emotions		✓			
8	Getting Active		✓			
9	Relaxation		✓			
10	Self-Care		✓			✓
11	Identifying My Supports			✓		
12	Empathy			✓	✓	
13	Diversity			✓		
14	Establishing Relationships				✓	
15	Clear Communication		✓		✓	
16	Dealing with Conflict		✓		✓	
17	Maintaining Relationships		✓	✓	✓	
18	Problem-Solving				✓	✓
19	Values	✓				✓
20	Goals	✓				✓