

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.

			SELweb Competence					
	TRAILS Lesson				000			
		Emotion Recognition	Perspective- Taking	Problem- Solving	Self- Control			
Kindergarten Through Second Grade								
1	Introduction to Social and Emotional Learning	1			1			
2	Mindfulness	/	1		1			
3	What is CBT?		1		1			
4	Emotions		1	1	1			
5	Thoughts		1		1			
6	Unhelpful Thoughts				1			
7	Managing Strong Emotions				1			
8	Getting Active				1			
9	Relaxation				1			
10	Self-Care				1			
11	Identifying My Supports		1	1				
12	Empathy	✓	1					
13	Diversity		1	1				
14	Establishing Relationships			1				
15	Clear Communication	✓	1		1			
16	Dealing with Conflcit			1				
17	Maintaining Relationships		1	1				
18	Problem-Solving			1				
19	Values		1	1				
20	Goals			1	1			



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.

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

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



SELweb and TRAILS SEL Program 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. **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.

		SELweb Competence				
	Skill		000			
		Self Awareness	Calf Managament	Social Awareness	Relationship Skills	Responsible Decision-Making
	Sixth Th	rough Eighth G		Social Awareness	Skitts	Decision-Making
1	Introduction to Social and Emotional Learning	/	1	/	1	1
2	Mindfulness	1	1	1	1	1
3	What is CBT (Think-Feel-Do Cycle)?	1	1	1	1	1
4	Emotions	1		1		
5	Thoughts	1		1		
6	Unhelpful Thoughts		√			
7	Managing Strong Emotions		1			
8	Getting Active		/			
9	Relaxation		1			
10	Self-Care		√			1
11	Identifying My Supports			1		
12	Empathy			1	1	
13	Diversity			/		
14	Establishing Relationships				1	
15	Clear Communication		1		1	
16	Dealing with Conflcit		√		1	
17	Maintaining Relationships		1	1	1	
18	Problem-Solving				1	1
19	Values	1				1
20	Goals	1				1

SELweb and TRAILS SEL Program 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. **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 (\checkmark) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

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