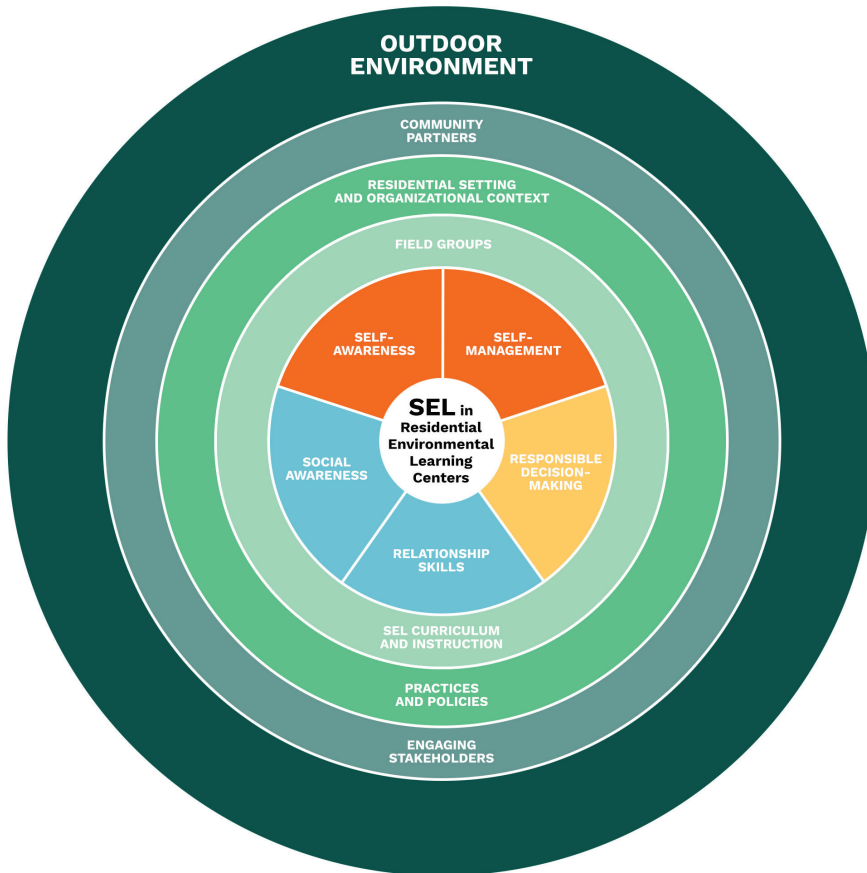




SEL Competencies – Outdoor Environment Considerations

How learning outdoors at a RELC supports specific SEL outcomes in ways that expand the original CASEL competencies.



The wheel at left was adapted from the five competencies model offered by CASEL.org.

SEL Competencies: Self-awareness

- **Labeling one's feelings**
- **Relating feelings and thoughts to behavior**
- **Accurate self-assessment of strengths and challenges**
- **Self-efficacy**
- **Optimism**

Outdoor Environment Considerations

- Understanding one's roles within people-built systems which are nested within and dependent upon ecosystems and the biosphere; i.e. becoming ecologically literate
- Participating in team challenge and adventure activities to discover more about overcoming perceived limits
- Understanding through practice one's personal power to act on behalf of one's self and others in need, be they people, water, land, or other species
- Recognizing that one's actions impact one's self, other people, other species and the environment
- Recognizing that human health and wellbeing are interdependent with ecological health

SEL Competencies: Self-management

- **Regulating one's emotions**
- **Managing stress**
- **Self-control**
- **Self-motivation**
- **Stress management**
- **Setting and achieving goals**

Outdoor Environment Considerations

- Spending time outdoors to reduce stress
- Participating in team-building and adventure activities supports development of self-management skills

SEL Competencies: Social-awareness

- **Perspective-taking**
- **Empathy**
- **Respect for diversity**
- **Understanding social and ethical norms**
- **Recognizing family, school, and community supports**

Outdoor Environment Considerations

- Understanding the meaning and value of diversity and biodiversity in various contexts
- Recognizing cultural demands and opportunities regarding resource use
- Collective efficacy
- Recognizing cultural demands, perspectives and opportunities regarding what is an environmental resource and how it should be used
- Recognizing how prevailing and social norms have led to ecological destruction, particularly in marginalized communities; i.e. environmental justice
- Recognizing our interdependency with Earth Systems

SEL Competencies: Relationship skills

- **Building relationships with diverse individuals and groups**
- **Communicating clearly**
- **Working cooperatively**
- **Resolving conflicts**
- **Seeking help**

Outdoor Environment Considerations

- Recognizing the reciprocal relationships that exist between people and other species
- Working proactively and cooperatively to restore interpersonal and interbeing relationships where and when needed

SEL Competencies: Responsible decision-making

- **Identifying problems**
- **Analyzing situations**
- **Solving problems**
- **Evaluating**
- **Reflecting**
- **Ethical responsibility**

Equity and Outdoor Environment Considerations

- Assessing the environmental impact of one's beliefs and actions
- Pursuing inclusive, mutually beneficial solutions to both local and large-scale environmental challenges
- Reflecting on the broader ethical consequences and environmental impact of one's behavior
- Recognizing one's ability to analyze environmental and social situations, identify problems, and solve them using inquiry skills