

Imagine Purpose

WA Social Emotional Learning Standards and Benchmarks Alignment

MENTAL HEALTH & WELLNESS

		Imagine Purpose 6-12 Course: MENTAL HEALTH & WELLNESS																	
		Unit 1: UPGRADE YOURSELF				Unit 2: TRANSFORMING BULLYING				Unit 3: SOCIAL IMPACT				Unit 4: OVERCOMING ADVERSITY					
		ANGER MANAGEMENT	COMMUNICATION SKILLS	THOUGHTS & ACCEPTANCE	KNOW YOURSELF, LOVE YOURSELF	UNDERSTANDING BULLYING	EFFECTS OF BULLYING	BEING A CHAMPION	OVERCOMING BULLYING: REAL STORIES	CITIZENSHIP	DIVERSITY	PEACE OFFICERS	FIGHTING FOR JUSTICE	IT'S NOT YOUR FAULT	FAMILY CHALLENGES	RESILIENCY	MENTAL WELLNESS		
WA SEL Standards and Benchmarks ¹	SELF-AWARENESS ²	Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior.	✓		✓	✓							✓				✓	✓	
		Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.		✓		✓							✓						✓
		Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.				✓												✓	
	SELF-MANAGEMENT ³	Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
		Demonstrates responsible decision-making and problem-solving skills.	✓				✓	✓	✓	✓	✓		✓	✓			✓		
	SELF-EFFICACY ⁴	Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.	✓				✓	✓		✓	✓		✓	✓				✓	
		Demonstrates problem-solving skills to engage responsibly in a variety of situations.	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
		Demonstrate awareness and ability to speak on behalf of personal rights and advocacy.		✓	✓		✓	✓	✓	✓		✓	✓					✓	
	SOCIAL AWARENESS ⁵	Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities.	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓					✓
		Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.			✓					✓		✓		✓					
		Demonstrates an understanding of the variation within and across cultures.									✓	✓		✓					
	SOCIAL MANAGEMENT ⁶	Demonstrates a range of communication and social skills to interact effectively with others.	✓	✓			✓	✓	✓	✓									
Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.		✓	✓			✓	✓	✓	✓		✓		✓	✓	✓	✓	✓		
Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.			✓			✓	✓		✓		✓						✓		
SOCIAL ENGAGEMENT ⁷	Demonstrates a sense of school and community responsibility.	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Contributes productively to one's school, workplace, and community.	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	

1. <https://ospi.k12.wa.us/sites/default/files/2023-08/selstandardsandbenchmarksonepager.pdf>

2. "Individual can identify their emotions, personal assets, areas for growth, and potential external resources and supports."

3. "Individual can regulate emotions, thoughts, and behaviors."

4. "Individual can motivate themselves, persevere, and see themselves as capable."

5. "Individual can take the perspective of and empathize with others from diverse backgrounds and cultures."

6. "Individual can make safe and constructive choices about personal behavior and social interactions."

7. "Individual can consider others and show a desire to contribute to the well-being of school and community."