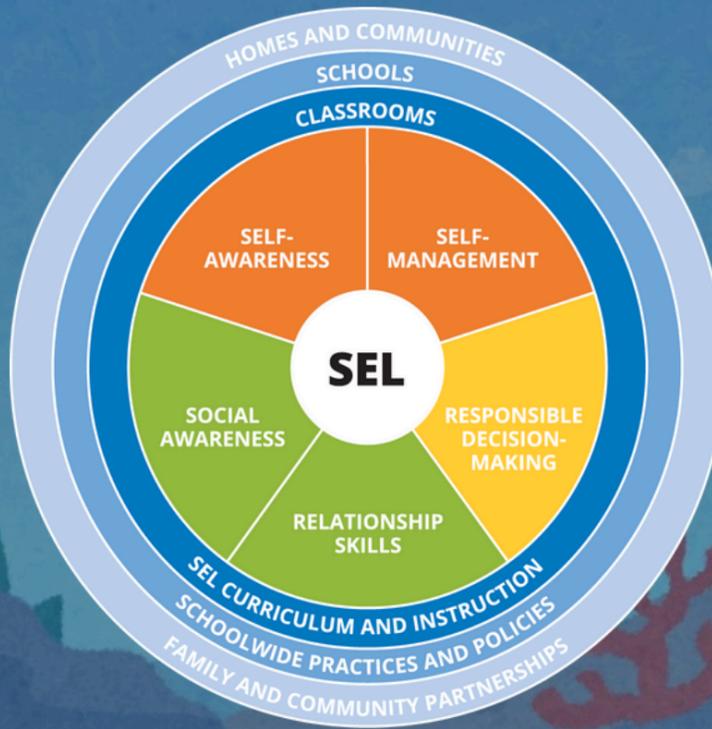




CASEL Standards Alignment

The table below maps out how Recess Reset aligns with the 5 core competencies listed in the CASEL Framework: **self-management**, **self-awareness**, **social-awareness**, **relationship skills**, and **responsible decisions making**. By supporting schools to implement SEL curriculum and instruction, school-wide practices and policies, and family partnerships, Recess Reset also aligns with CASEL's implementation standards



Reset Plus Unit	Skill Focus	Primary CASEL Competency	Additional Competencies
Unit 1: Mindful Breathing	Using the breath to calm body and mind after transitions and recess.	Self-Management	Self-Awareness
Unit 2: Body Scan	Bringing attention to different parts of the body to notice sensations and tension.	Self-Awareness	Self-Management
Unit 3: Gratitude	Noticing and appreciating positive aspects of one's life, classroom, and peers.	Social Awareness	Relationship Skills, Self-Awareness
Unit 4: Identifying Emotions	Naming and recognizing emotions in oneself (and often others) using character stories.	Self-Awareness	Social Awareness, Self-Management
Unit 5: Compassion	Noticing others' feelings and responding with care and kindness.	Social Awareness	Responsible Decision-Making, Relationship Skills
Unit 6: Mindful Movement	Coordinating breath and movement to reset after active times and transitions.	Self-Management	Relationship Skills, Self-Awareness
Unit 7: Mindful Breathing II	More advanced or varied breathing strategies building on Unit 1.	Self-Management	Self-Awareness
Unit 8: Affirmations	Using positive self-talk and identity-affirming statements.	Self-Awareness	Self-Management
Unit 9: Body Relaxation	Actively releasing tension in muscles and body systems.	Self-Management	Self-Awareness
Unit 10: Identifying Emotions II	More nuanced emotional vocabulary and mixed/complex feelings.	Self-Awareness	Responsible Decision-Making, Social Awareness
Unit 11: Visualization	Using mental imagery for calm, focus, and positive goals.	Self-Management	Responsible Decision-Making, Self-Awareness
Unit 12: Concentration	Sustaining focus on a chosen object/task amid distractions.	Self-Management	Responsible Decision-Making, Self-Awareness
Unit 13: Mindful Breathing III	Higher-level or more independent application of breathing tools.	Self-Management	Self-Awareness
Unit 14: Active Listening	Attending to others with eye contact, body language, and reflective listening.	Relationship Skills	Social Awareness
Unit 15: Mindful Senses	Using the five senses to ground attention in the present.	Self-Management	Self-Awareness, Social Awareness
Unit 16: Compassionate Communication	Speaking and listening with kindness, "I" statements, and conflict de-escalation.	Relationship Skills	Responsible Decision-Making, Social Awareness
Unit 17: Attunement	Tuning in to one's own state and others' cues to stay connected and safe.	Social Awareness	Relationship Skills, Self-Awareness
Unit 18: Guided Meditation	Longer or deeper practices integrating breathing, imagery, and reflection.	Self-Awareness	Responsible Decision-Making, Self-Management