

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 aligns with CASEL's implementation standards.



Lesson Unit	Skill Focus	Primary CASEL Competency	Additional Competencies
 Unit 1: Mindful Breathing	Using the deep breathing to calm the body and mind.	Self-Management	Self-Awareness
 Unit 2: Gratitude	Noticing and appreciating positive aspects of one's life, classroom, and peers.	Social Awareness	Relationship Skills, Self-Awareness
 Unit 3: Identifying Emotions	Naming and recognizing emotions in oneself and others using character stories.	Self-Awareness	Social Awareness, Self-Management
 Unit 4: Body Scans	Bringing attention to different parts of the body to notice sensations and tension.	Self-Awareness	Self-Management
 Unit 5: Compassion	Extending kind words and thoughts towards oneself and others.	Responsible Decision-Making	Relationship Skills, Social Awareness
 Unit 6: Mindful Movement	Coordinating breath and movement to regulate and focus.	Self-Management	Relationship Skills, Self-Awareness

	Lesson Unit	Skill Focus	Primary CASEL Competency	Additional Competencies
	Unit 7: Mindful Breathing II	Expanded deep breathing and sounding strategies for stress regulation.	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	Naming 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	Integrating breath with body scans, gratitude, emotions, compassion, and affirmations.	Self-Management	Self-Awareness
	Unit 14: Active Listening	Attending to others with eye contact, body language, and reflective listening.	Relationship Skills	Responsible Decision-Making, 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	Responding to difficulty with "I" statements, kindness, and conflict de-escalation.	Relationship Skills	Responsible Decision-Making, Social Awareness
	Unit 17: Attunement	Tuning in to one's own state, others, and the environment to stay connected and safe.	Social Awareness	Relationship Skills, Self-Awareness
	Unit 18: Guided Meditation	Integrating breathing, imagery, and reflection to deepen calm and inherent well-being.	Self-Awareness	Self-Management