

Imagine, Act, Reflect

An Encouragement Activity

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This activity aims to support individual well-being through social-emotional growth and personal encouragement.

Imagine

[CASEL](#) Core Skills

Self-Awareness	Self-Management	Social-Awareness	Relationship Skills	Responsible Decision-making
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The Collaboration for Academic, Social, and Emotional Learning (CASEL) has identified these overlapping skills as central to social-emotional learning. The CASEL framework is enacted primarily in PreK-12 education. These skills are foundational to many SEL programs in schools. They can also be instructive for adult learners.

Choose one you would like to focus on in the coming year.

1. Imagine what life would be like if you were a master of your chosen skill.
2. How would you think, act differently, and feel?

Think
Act
Feel

Act

Design For Action

Setting goals helps us define what is important to us. Create a goal statement for yourself regarding improvement in the skill you chose.

Goals

I will focus on the core skill _____ so that I can _____.

Intentional actions help us transfer our goals into real life. Create one to two action statements. These are specific actions you can take daily to practice and improve your skills in this competency, moving you closer to your goal.

Actions

To achieve my goal of _____, I will take the following specific actions:

Self-talk can be encouraging and discouraging. Write an encouraging phrase to support the practice of action.

Positive Self-Talk

What phrase will inspire action?

Write this phrase somewhere you will see it frequently.

Reflect

Reflecting often on progress helps us revise what is important to us and what we need to succeed.

- How are the actions you're taking helping you achieve your goal?
- What successes and barriers are you experiencing while taking the actions to improve at your chosen competency?
- Do you need any support for your actions?
- Would you like to modify any of your actions?
- Was your encouraging phrase useful? Do you want to keep it or create a new one?

Tips

- Make this an art project.
- Make groups with shared focus skills.
- Create reminder systems for practice. This can be adding it to your calendar, notifications, asking a friend to remind you, etc.
- Use student or participant-set goals as part of formative and summative assessments.

CASEL Core Skills

<u>Self-Awareness</u>	<p>The ability to understand one’s emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose.</p> <p>Such as:</p> <ul style="list-style-type: none">● Integrating personal and social identities● Identifying personal, cultural, and linguistic assets● Identifying one’s emotions● Demonstrating honesty and integrity● Linking feelings, values, and thoughts● Examining prejudices and biases● Experiencing self-efficacy● Having a growth mindset● Developing interests and a sense of purpose
<u>Self-Management</u>	<p>The ability to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.</p>

	<p>Such as:</p> <ul style="list-style-type: none"> ● Managing one’s emotions ● Identifying and using stress management strategies ● Exhibiting self-discipline and self-motivation ● Setting personal and collective goals ● Using planning and organizational skills ● Showing the courage to take the initiative ● Demonstrating individual and collective agency
<p><u>Social-Awareness</u></p>	<p>The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.</p> <p>Such as:</p> <ul style="list-style-type: none"> ● Taking others’ perspectives ● Recognizing strengths in others ● Demonstrating empathy and compassion ● Showing concern for the feelings of others ● Understanding and expressing gratitude ● Identifying diverse social norms, including unjust ones ● Recognizing situational demands and opportunities ● Understanding the influences of organizations and systems on behavior
<p><u>Relationship Skills</u></p>	<p>The ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.</p> <p>Such as:</p>

	<ul style="list-style-type: none"> ● Communicating effectively ● Developing positive relationships ● Demonstrating cultural competency ● Practicing teamwork and collaborative problem-solving ● Resolving conflicts constructively ● Resisting negative social pressure ● Showing leadership in groups ● Seeking or offering support and help when needed ● Standing up for the rights of others
<p><u>Responsible Decision-making</u></p>	<p>The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.</p> <p>Such as:</p> <ul style="list-style-type: none"> ● Demonstrating curiosity and open-mindedness ● Learning how to make a reasoned judgment after analyzing information, data, and facts ● Identifying solutions for personal and social problems ● Anticipating and evaluating the consequences of one’s actions ● Recognizing how critical thinking skills are useful both inside and outside of school ● Reflecting on one’s role to promote personal, family, and community well-being ● Evaluating personal, interpersonal, community, and institutional impacts