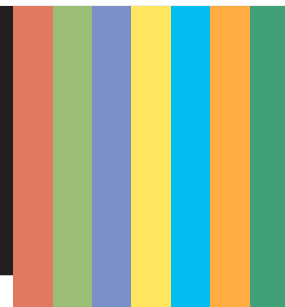
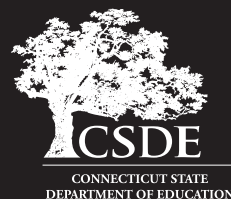


Components of Social, Emotional, and Intellectual Habits (The Habits): Kindergarten through Grade 12



Area of Development (AOD)

The interrelated categories of critical skills and psychosocial development in relation to academic work and behaviors that support the understanding and managing of emotions and learning. Learning experiences will support children to:

AOD 1: Develop a positive self-concept

The way someone thinks about, evaluates, or perceives oneself; to be aware of oneself; and aware of one's place in the community.



- Self-awareness
- Sense of self as competent and capable
- Courageously explore new knowledge independently and interdependently

AOD 2: Develop a positive attitude toward learning

The ability to be grateful and cheerful and maintain a growth mindset; to approach one's circumstances with optimism and enthusiasm.



- Sense of self as a learner
- Curiosity and initiative
- Cooperation during learning experiences

AOD 3: Identify and understand emotions of self and others

The ability to recognize and label emotions in oneself and others (emotion knowledge); express one's feelings in contextually appropriate ways (emotion expression)



- Identifying and understanding emotions
- Emotional awareness
- Empathy

AOD 4: Develop positive interpersonal relationships

A developed aptitude enabling a person to carry on effective interactions and relationships with others, such as the ability to communicate thoughts and feelings, or to assume appropriate social responsibilities.



- Social awareness and interpersonal skills
- Responsible decision-making & social problem-solving
- Conflict resolution

AOD 5: Develop executive functioning skills

The mental processes required to focus, plan, and control behavioral responses in service of a goal.*



- Working memory and metacognition
- Cognitive flexibility
- Self-regulation of impulses and emotional reaction
- Managing attention and behavior

AOD 6: Develop logic and reasoning

The ability to recognize and use multiple perspectives and approaches (e.g., negotiate the pros and cons of ideas and solutions, analyze options using if-then rationale, and recognize cause effect relationships) to explore, negotiate, and analyze options.*



- Critical and analytical thinking
- Applying known information to new experiences
- Reasoning and problem solving

AOD 7: Develop modes of symbolic representation

A method of sensemaking that entails an expression of meaning using options such as visual analogy, sketch, monologue, collage, cartoon, among others, to express meaning.



- Conceptual models of representation
- Pretend or symbolic play
- Applying conceptual models to real life situations