

Lesson Blueprints: What is SEL?

Lesson Title: Relationship Skills: Deconstruction

Grade Level: Elementary School

Project and Purpose

Students work together to break down the description of the core competency: Relationship Skills

Essential Question

What skills do we need to build to have good relationships with others?

Materials

- Relationship Skills Definition Deconstruction Chart (optional)
- Board/chart paper/writing tools

Introduction

Post the definition of relationship skills and ask students to tell you what they think it means in their own words.

Relationship Skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

Direct Instruction (I do)

Read the first box in the Elements of Relationship Skills column and demonstrate how you might fill in the box in the Elements of Social Awareness column.

Guided Exploration (We do)

As a class, fill in the box in the “What it Means” column. Be sure to include as many ideas as possible. Then complete the “Examples” column.

Independent Practice (You do)

Break into pairs and have each pair work to complete the entire chart.

Conclusion

Have students share their charts. Consider having them do oral presentations, posters, or other creative ways to share. Have students reflect on and/or rate their own mastery of the skills in this core competency.

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Worksheet: Relationship Skills Deconstruction Chart

Grade Level: Elementary School

Student _____

Elements of Relationship Skills	What it Means	Examples in School, Family, Community
The ability to establish healthy and rewarding relationships with diverse individuals and groups		
The ability to maintain healthy and rewarding relationships with diverse individuals and groups		
Communicating clearly		
Listening actively		
Cooperating		
Resisting inappropriate social pressure		
Negotiating conflict constructively		
Seeking help when needed		
Offering help when needed		