



## STANDARDS ALIGNMENT

## CASEL CORE SEL COMPETENCIES

# Ripple Journal Middle School Program

This document illustrates how lessons in the Ripple Journals align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies. All CASEL core competencies are addressed throughout the sections of the Ripple Journals to fully support students' well-being, leadership growth, academic achievement, and connectedness to trusted adults.

### SOCIAL AWARENESS

- Perspective Taking
- Empathy
- Appreciation of Diversity
- Respect for Others

### RELATIONSHIP SKILLS

- Communication
- Social Engagement
- Relationship Building
- Teamwork

## Social & Emotional Learning

### SELF-MANAGEMENT

- Impulse Control
- Stress Management
- Self-Discipline
- Self-Motivation
- Goal Setting
- Organizational Skills

### SELF-AWARENESS

- Accurate Self-Perception
- Identification of Emotions
- Recognition of Strengths
- Self-Confidence
- Self-Efficacy

### RESPONSIBLE DECISION MAKING

- Identification and Solving of Problems
- Analysis of Situations
- Evaluation
- Reflection
- Ethical Responsibility

## What is CASEL?

CASEL is the nation's leading organization advancing the development of social and emotional competence for all students. Its mission is to help make evidence-based SEL an integral part of education from preschool through high school. To that end, CASEL has identified five interrelated SEL core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making.

## What is a RIPPLE JOURNAL?

Ripple Journals are an advisory curriculum designed to increase students' school success by promoting social-emotional competence. This research-based program assists early adolescents in building personal skills for community leadership, all while promoting the mission of ensuring every student can name a trusted adult at school.

# Ripple Journals Middle School

The four-part Ripple Journal LEAD Series (Learn and Grow, Explore and Share, Assess and Aspire, Discover and Act) equips students with the mindset, knowledge, skills, and tools they need to make healthy decisions in each of their circles.

**Solo Circle** - Students deepen their understanding of personal identity, and learn skills for physical, mental, emotional, and spiritual wellness.

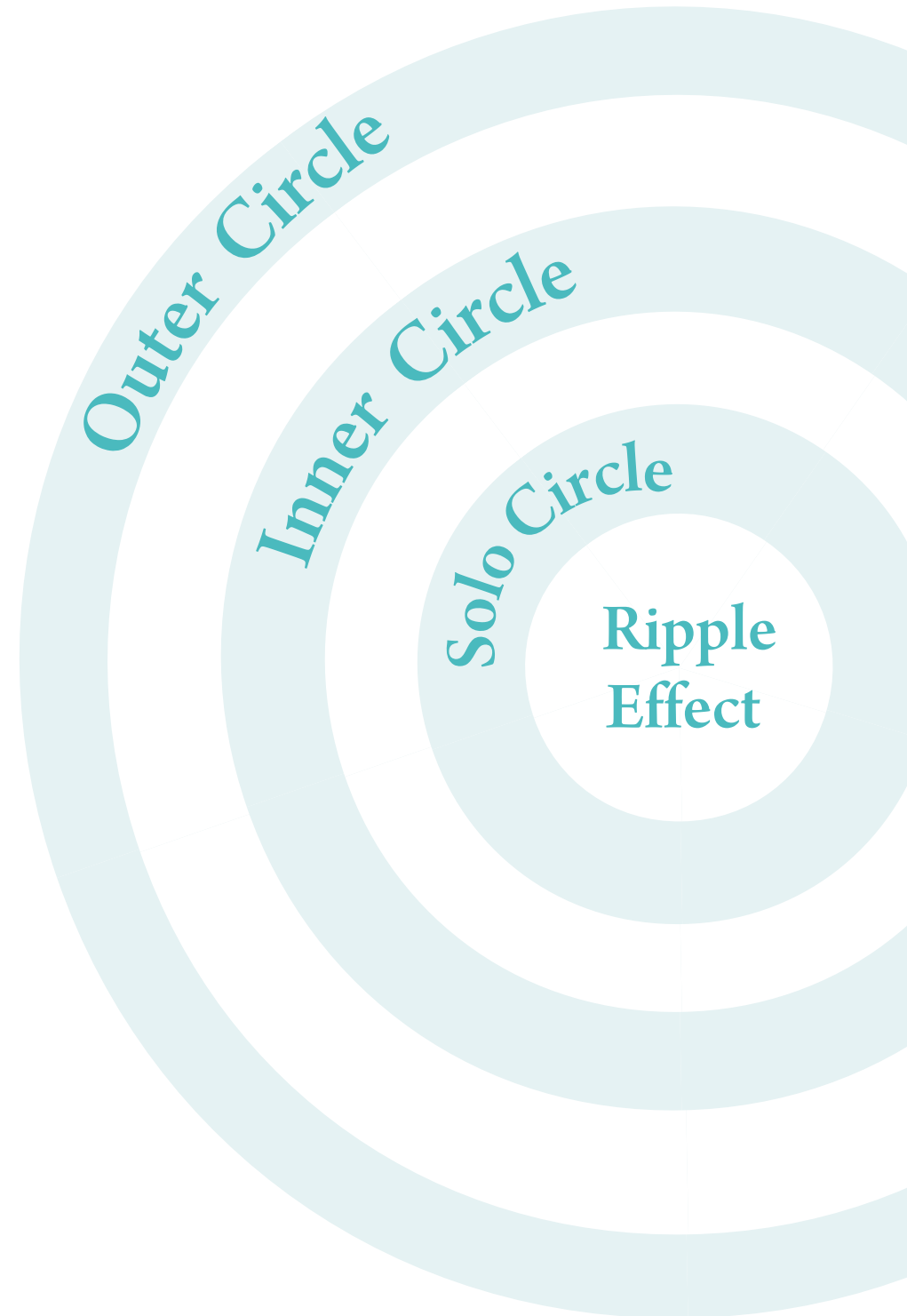
**Inner Circle** - Students develop their ability to communicate and collaborate while building a strong sense of connectedness and belonging,

**Outer Circle** - Students discover skills for identifying community needs and learn to serve, lead, and make a positive impact.

Student voice is emphasized throughout the Ripple Journal lessons through:

- Activities that support independent and creative thinking
- Opportunities for students to share their knowledge, opinions, and diverse experiences with peers and trusted adults
- Goal-setting exercises and real-world application
- Prompts and encouragement for honest self-reflection

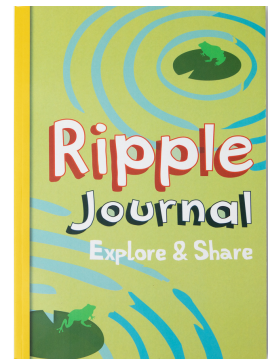
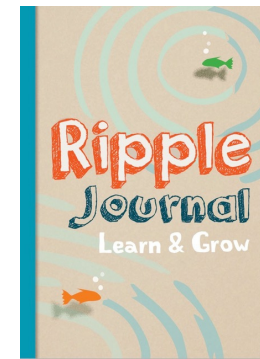
The flexible Ripple Journal Program for Middle School supports teachers and school counselors, making it the perfect tool for growing connection and learning skills in class, advisory, small group, or one-on-one settings.





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# Ripple Journals Middle School



Recommended for 5th and 6th Grade

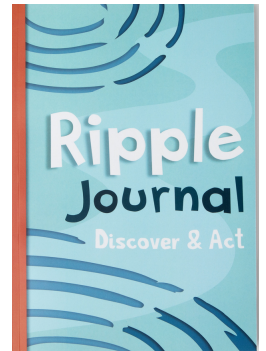
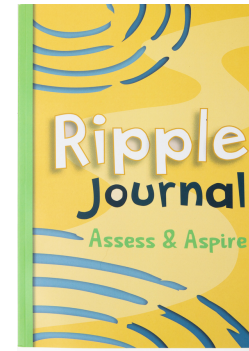
## CASEL CORE SEL COMPETENCIES

RIPPLE JOURNAL LESSONS		Social Awareness	Relationship Skills	Self-Awareness	Self-Management	Responsible Decision Making
Solo Circle	Personal Investigation			✓	✓	
	Intuition		✓	✓	✓	✓
	Mindset			✓	✓	✓
	Self-Attention			✓	✓	
Inner Circle	Messaging	✓	✓	✓	✓	
	Belonging	✓	✓	✓	✓	
	Energy	✓	✓	✓	✓	✓
	Friendship	✓	✓			
	Upstandership	✓	✓	✓	✓	✓
Outer Circle	Gratitude	✓	✓	✓		
	Community	✓	✓	✓		
	Communication	✓	✓	✓	✓	✓
	Teamwork		✓			✓
	Leadership	✓	✓	✓	✓	✓
	Goal Setting			✓	✓	✓



STANDARDS ALIGNMENT  
CASEL CORE SEL COMPETENCIES

# Ripple Journals Middle School



Recommended for 7th and 8th grade

## CASEL CORE SEL COMPETENCIES

RIPPLE JOURNAL LESSONS		Social Awareness	Relationship Skills	Self-Awareness	Self-Management	Responsible Decision Making
Solo Circle	Personality			✓	✓	
	Priorities		✓	✓	✓	✓
	Decisions			✓	✓	✓
	Habits			✓	✓	
Inner Circle	Perspective	✓	✓	✓	✓	
	Trust	✓	✓	✓	✓	
	Boundaries	✓	✓	✓	✓	✓
	Friendship	✓	✓			
	Mentorship	✓	✓	✓	✓	✓
Outer Circle	Collaboration	✓	✓	✓		
	Contribution	✓	✓	✓		
	Influence	✓	✓	✓	✓	✓
	Belonging	✓	✓	✓		✓
	Future Thinking				✓	✓
	Leadership	✓		✓	✓	✓