












## SELF-ASSESSMENT

The ultimate outcome of a schoolwide approach to social-emotional learning is that we develop a community of care. Reflect on the extent to which a community of care exists in your school.

### Menu of Practices on a Community of Care

Use the traffic light scale to reflect on your current practices as they relate to fostering a community of care. What areas do you want to strengthen?

INDIVIDUAL OPPORTUNITIES	
I have a wellness plan tailored to my needs about physical activity, healthy eating, and/or sleep hygiene.	
I foster and maintain social connections to keep isolation at bay.	
I am able to set time aside for myself every day, even when it is just a short time.	
I invest time through actions regularly in my school and neighborhood community.	
I check in regularly to gauge my own emotions.	
STUDENT-LEVEL OPPORTUNITIES	
I promote and advocate for students' physical wellness at my school.	
I use or help others use integrated physical activity in academic instruction.	
I use or help others use brain breaks in the classroom.	
I use or help others use mindfulness activities to promote the academic and emotional learning of students.	
SCHOOL-LEVEL APPROACHES	
I actively engage in and take action to foster collective responsibility at my school.	
I apply communication competency principles in my interactions with colleagues and students.	

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## REFLECTION QUESTIONS

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What do I need to do to change my reds to yellows?



Who can support me to turn my yellows into greens?



How am I using my greens to positively contribute to the good of the whole?