






Social-Emotional Learning (SEL) Vocabulary


KEY 	Get someone’s attention: call their name, wait for eye contact, and give a communication tap, if necessary, before speaking.
<i>Vocabulary Term</i>	<i>Definition of Vocabulary Term</i>
Eye Contact: Communication Tap:	Looking at others’ eyes when listening and talking. A light, gentle tap on the shoulder of another person as a way to get their attention.

KEY 	Use a talking tone of voice and volume in helpful ways instead of a fighting tone of voice.
<i>Vocabulary Term</i>	<i>Definition of Vocabulary Term</i>
Talking Voice: Fighting Voice: Serious Voice:	A calm tone of voice, slightly slowed down, at an appropriate volume that conveys respect and self-control. A loud and hurtful tone of voice that conveys aggressiveness. Slow, stretched speech that communicates that your message is important. Use a serious voice when you want to send an “I mean it” message without being mean.




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KEY 	Use helpful, not hurtful, facial expressions and body language, like a talking body and eyes and friendly signals.
<i>Vocabulary Term</i>	<i>Definition of Vocabulary Term</i>
Talking Body: Talking Eyes: Fighting Eyes: Serious Eyes: Talking Hand: Friendly Signals:	<p>An open and relaxed body that conveys respect and self-control.</p> <p>Relaxed and calm eyes.</p> <p>Squinty, mean eyes and a scary face.</p> <p>Wide eyes and raised eyebrows that communicate that what you are saying is important. Use serious eyes when you want to send an “I mean it” message without being mean.</p> <p>Put your hand out palm up; use your other hand to tap your open palm; wait patiently for the person to return object; say thank you with eye contact when they do.</p> <p>Using gestures and words to convey friendliness: eye contact, a head nod, smile, wave, pat on the back.</p>


KEY 	Choose words that help rather than hurt (for example, “I feel mad because ...” instead of “I hate it when ...”).
<i>Vocabulary Term</i>	<i>Definition of Vocabulary Term</i>
Helping Words: Hurting Words: “Ouch”:	<p>Positive words that resolve feelings and conflicts.</p> <p>Negative or loaded words that create upset feelings.</p> <p>Said in a soft voice with a hurt facial expression to let someone know in a gentle, shame-free way that they hurt your feelings.</p>



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KEY 	Be brave and redo hurtful moments when you make a communication mistake.
<i>Vocabulary Term</i>	<i>Definition of Vocabulary Term</i>
Own It: Name It: Redo:	Bravely apologizing for unkind words and actions and taking full responsibility with no excuses; pair with “Name it.” (1) Describe exactly what you said or did that was not okay. (2) Explain yourself (“I get bossy when I feel cranky”). (3) Share a unique quality about yourself (“I talk really fast when I get excited”). To begin again, using more positive words and actions.

KEY 	Be kind and forgiving by letting others take a redo when they make a mistake.
<i>Vocabulary Term</i>	<i>Definition of Vocabulary Term</i>
Apologize: Forgive:	To express regret for something said or done. To let go of resentment, be kind, and let people try again.

KEY 	Assume the best of others.
<i>Vocabulary Term</i>	<i>Definition of Vocabulary Term</i>
Assume the best:	Training your brain to think the best rather than assuming the worst about what others do and say.