



I can process my feelings, attune to others, and contribute to constructive resolution.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
Recognize and process my feelings	With guidance, I can learn and practice a way to calm myself (e.g., take deep breaths, count to ten, drink water, get fresh air, sing or hum, move my body). With guidance, I can name what I'm feeling.	With guidance, I can use a strategy to calm myself when I feel upset. I can identify the specific emotion(s) I am feeling (e.g., mad, sad, scared, nervous). I can locate where I feel it in my body (e.g., heartbeat, stomachache, sweaty palms, tight chest, tearfulness).	I can use one or more strategies to calm myself when I feel upset, and I can locate where I feel it in my body. I can identify the specific emotion(s) I am feeling and the specific stressor that caused me to be upset. I can determine when I am ready to share how I'm feeling.	I can pause to notice when I'm having an emotional response, and I can locate where I feel it in my body. I can use one or more strategies to calm myself. I can identify the specific emotion(s) I am feeling, reflect on what may have prompted them (e.g., <i>When did I start feeling this way? What is causing this feeling? Have I felt this before?</i>), and take note of new or recurring stressors that cause me to be upset. I can determine when I am ready to share with others how I'm feeling.	I can pause to notice without judgment when I'm having an emotional response, locate where I feel it in my body, and use one or more strategies to calm myself and/or prevent myself from feeling overwhelmed. I can identify the specific emotion(s) I am feeling, reflect on what may have prompted them, and take note of new or recurring stressors that cause me to be upset. I can determine when I am ready to share with others how I'm feeling and choose a setting that works well for me and others. I can learn and practice a new strategy to manage or avoid an anticipated stressor.	I can pause to notice without judgment when I'm having an emotional response, locate where I feel it in my body, and use one or more strategies to self-regulate. I can determine whether my emotional response is connected to a recurring stressor and practice ways to separate past or unrelated factors from the current situation. I can determine when I am ready to share with others how I'm feeling and choose a setting that works well for me and others. I can develop healthy practices and/or plans (e.g., if-then planning, counseling, community support, boundary-setting) for managing or avoiding anticipated stressors.
Recognize and respond to the feelings of others	With guidance, I can listen to the reasons another person is feeling upset. I can show that I am listening.	I can listen to the reasons another person is feeling upset. With guidance, I can show my understanding of what they've said (e.g., restate, paraphrase).	I can listen and observe body language to identify how another person is feeling. I can express in my own words how the other person feels and why they feel that way.	I can listen and observe body language to identify the feelings and perspectives of others. I can ask questions to better understand the other person's views or feelings and to better understand the source of the conflict. I can express in my own words how the other person feels and why they feel that way.	I can practice active listening and careful observation of verbal, physical, and/or situational cues to identify the feelings and perspectives of others. I can ask questions to better understand the other person's views or feelings, the source of the conflict, and any cultural or social identity factors that might be at play (e.g., values, language, gender-related or racial power dynamics). I can demonstrate empathy by connecting to, and expressing understanding of, the feelings and perspectives of others involved.	I can practice active listening and careful observation of verbal, physical, and/or situational cues to identify the feelings and perspectives of others. I can ask questions to better understand others' views or feelings, the source of the conflict, and any cultural or social identity factors that might be at play. I can demonstrate empathy by connecting to, and expressing understanding of, the feelings and perspectives of others involved. I can work with others to fairly contextualize the conflict, differentiate intention from impact, and explain and/or validate the different experiences and/or perspectives among those involved.
Apply strategies to work toward resolution	I can say what happened. With guidance, I can share an idea for resolving the conflict.	I can use "I" statements to share what happened. I can share an idea for resolving the conflict fairly.	I can use "I" statements to explain the conflict. I can work with others to determine fair and constructive ways to address a conflict. I can share ideas for how to avoid harm in the future, when applicable.	I can explain the conflict from multiple points of view. I can work with others to determine and implement a fair and constructive way to address a conflict. I can acknowledge my specific role in the conflict and take steps to repair harm and/or help implement a solution. I can share ideas for how to avoid harm in the future, when applicable.	I can explain the conflict from multiple points of view and help build a shared understanding of the conflict, its causes, and its impact, including any harm caused. I can work with others to determine and implement the most fair and constructive ways to address or process the conflict. I can acknowledge my specific role in the conflict and take steps to repair harm and/or help implement a solution. I can share ideas for how to avoid harm in the future, when applicable.	I can explain the conflict from multiple points of view and help build a shared understanding of the conflict, its causes, and its impact, including any harm caused. I can help de-escalate by modeling, facilitating, and/or encouraging constructive language and actions in others. I can work with others to determine and implement a fair and constructive way to address or process the conflict. I can acknowledge my specific role in the conflict, take steps to repair harm, help implement a solution, and generate ideas for preventing harm or managing similar conflicts in the future.