



## WHAT ARE THE FIVE COMPETENCIES OF SEL



*The five competencies of social and emotional learning are cooperation, assertiveness, responsibility, empathy, and self-control, also known as C.A.R.E.S. These competencies were researched and developed by the Center for Responsive Schools and are taught within the Fly Five curriculum.*

To guide the teaching of social and emotional learning in the classroom, the Center for Responsive Schools (CRS) developed five, research-backed competencies that are necessary for students' social, emotional, and academic success. These competencies are cooperation, assertiveness, responsibility, empathy, and self-control, known collectively as C.A.R.E.S.

The C.A.R.E.S. competencies were first developed by CRS in the early 1980s and confirmed through research in the 1990s. These competencies are at the core of the Fly Five curriculum, where the developmentally appropriate skills of each competency are the focus of lessons, read-alouds, and additional resources. C.A.R.E.S. also aligns to the "CASEL Five" competencies of relationship skills, self-awareness, responsible decision-making, social awareness, and self-management. Explore the connection between C.A.R.E.S. and the CASEL Five in the chart below.

| Fly Five Competency   | CASEL Core Competency       |
|---|-----------------------------|
|  <b>Cooperation</b>     | Relationship Skills         |
|  <b>Assertiveness</b>  | Self-Awareness              |
|  <b>Responsibility</b> | Responsible Decision-Making |
|  <b>Empathy</b>        | Social Awareness            |
|  <b>Self-Control</b>   | Self-Management             |

# Defining C.A.R.E.S

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Each of the five C.A.R.E.S. competencies plays a foundational role in the teaching and development of social and emotional skills. These competencies also transform the classroom into a safe and productive learning environment where all students can thrive.



## COOPERATION

sets the stage for positive relationships and a classroom community where everyone contributes and works well together.



## ASSERTIVENESS

cultivates a classroom where students are empowered to stand up for themselves and face challenges successfully.



## RESPONSIBILITY

lays the groundwork for a classroom where students understand and follow through on expectations, such as turning in their work on time and making positive choices.



## EMPATHY

creates an environment of respectful, compassionate students that are able to see from new perspectives and appreciate differences.



## SELF-CONTROL

paves the way for a classroom where students are able to express their emotions and behave appropriately so there are minimal disruptions to

Learn more about each of the C.A.R.E.S. competencies and their definitions [here](#).

Each of the five competencies plays an important role in the explicit teaching of social and emotional learning. With C.A.R.E.S., Fly Five empowers educators to create classrooms where all students are given the support they need to continuously practice, develop, and utilize lifelong skills that will help them achieve their potential now and for the rest of their lives.