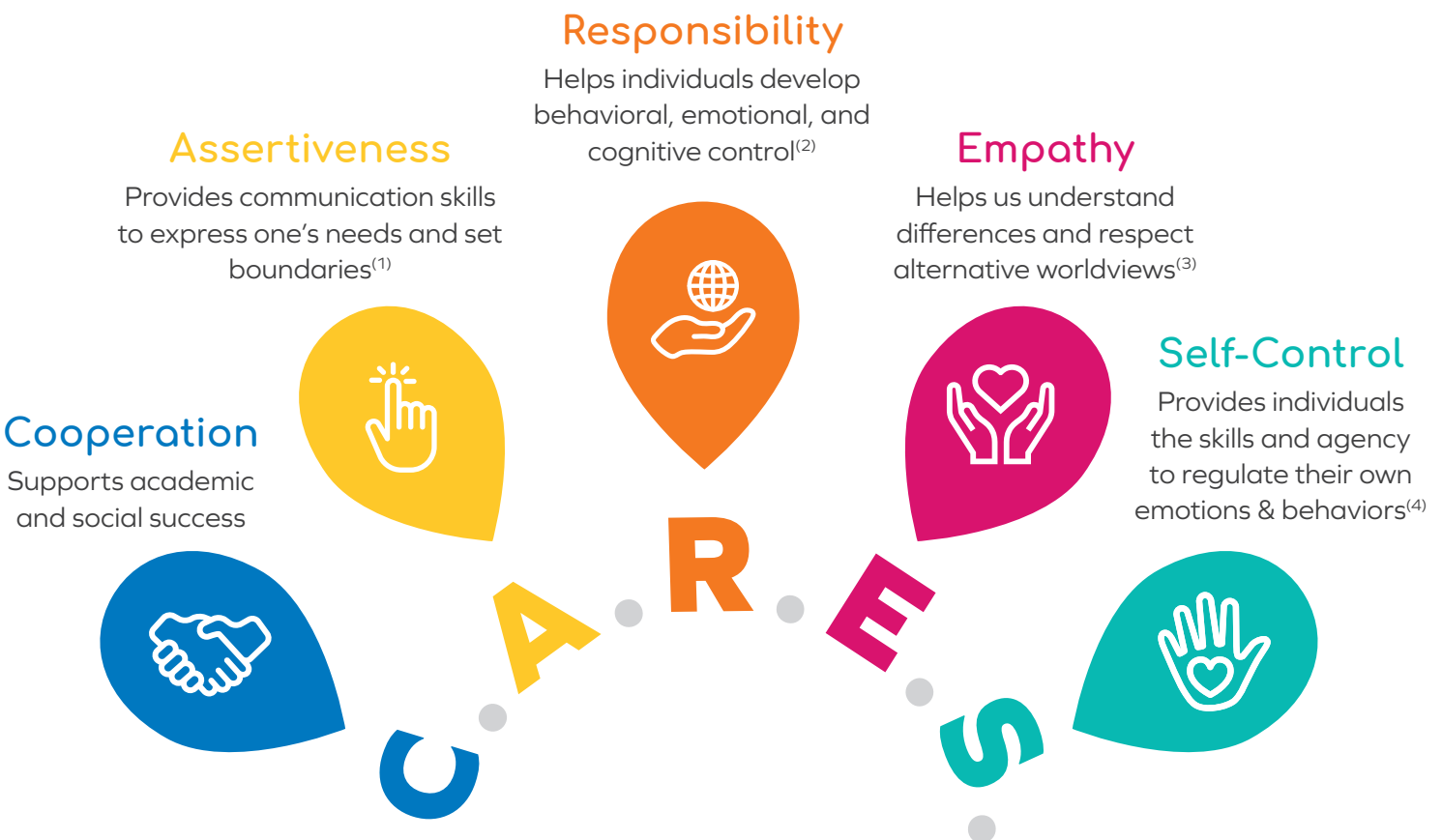# The C.A.R.E.S. Competencies

The five C.A.R.E.S. social and emotional competencies (cooperation, assertiveness, responsibility, empathy, and self-control) and the comprehensive SEL anchor standards are at the core of the Fly Five curriculum. Each standard includes the age and grade-level skills that describe what a socially and emotionally competent learner should be able to demonstrate within each competency. The C.A.R.E.S. competencies align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core competencies, which is a trusted source for thought leadership on high-quality, evidence-based social and emotional learning.

Responsibility
Helps individuals develop behavioral, emotional, and cognitive control[2]

Assertiveness
Provides communication skills to express one's needs and set boundaries[1]

Empathy
Helps us understand differences and respect alternative worldviews[3]

Self-Control
Provides individuals the skills and agency to regulate their own emotions & behaviors[4]

Cooperation
Supports academic and social success

(Eslami et al., 2016 (1), (Mergler & Shield, 2016 (2)) (Miller, 2019; Ehrlich and Ornstein, 2010(3)) (Lennarz et al., 2018)(4)

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Fly Five is CASEL aligned

C.A.R.E.S. Competencies	Anchor Standards	Core Competencies

Cooperation

The ability to establish new relationships, to maintain positive relationships and friendships, to avoid social isolation, to resolve conflicts, to accept differences, and to be a contributing member of the classroom and community in which one lives, works, learns, and plays

- Able to make and keep friends
- Works with others toward a common goal
- Resolves differences quickly
- Cooperates as a group leader or a member of the group
- Exhibits helpfulness

Relationship Skills

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups

Assertiveness

The ability to take initiative, to stand up for one's ideas without hurting or negating others, to seek help, to persevere with a challenging task, and to recognize one's individual self as separate from the environment, circumstances, or conditions one is in

- Expresses strong emotions and opinions effectively
- Able to seek help
- Shows openness and honesty
- Persists through challenging events
- Takes the initiative to do what is right, fair, and just
- Makes choices one feels good about later

Self-Awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts

Responsibility

The ability to motivate oneself to act and follow through on expectations; to define a problem, consider the consequences, and choose a positive solution

- Selects the best option among choices for a suitable outcome
- Holds oneself accountable
- Demonstrates social, civic, and digital responsibility
- Takes care of property

Responsible Decision-Making

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations

Empathy

The ability to recognize, appreciate, or understand another's state of mind or emotions; to be receptive to new ideas and perspectives; and to see, appreciate, and value differences and diversity in others

- Recognizes and manages one's own emotions and recognizes the emotions of others
- Respects and values diversity in others
- Respects differing cultural norms
- Aware of the impact of one's actions on others

Social Awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts

Self-Control

The ability to recognize and regulate one's thoughts, emotions, and behaviors in order to be successful in the moment and remain on a successful trajectory

- Adheres to social, behavioral, and moral standards
- Manages overwhelming thoughts or emotions
- Controls impulses and delays gratification
- Shows hope and perseverance

Self-Management

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations

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