

The ABC's of SEL

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A
AGENCY

BELONGINGNESS
B

C
COLLABORATION

DECISION-MAKING
D

E
EMPATHY

F
FLEXIBILITY

G
GROWTH MINDSET

H
HONESTY

I
INITIATIVE

J
JOY

K
KINDNESS

L
LOYALTY

M
MINDFULNESS

N
NURTURING

O
OPTIMISM

P
PERSEVERANCE

Q
QUESTIONING

R
RESPECT

S
SELF-REGULATION

T
TRUSTWORTHINESS

U
UNDERSTANDING

V
VALUING

W
WONDER

X
X-FACTOR

Y
YES

Z
ZEST