

Paracosms and SEL

SEL (Social Emotional Learning) is the process through which all people acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

Self-Awareness *(the capacity to understand and name one's emotions, thoughts, values and strengths)*

Self-Management *(the ability to manage one's emotions, thoughts, and behaviors effectively in different situations)*

Introduce a disruptive element into your world (you might even have a random element introduced by drawing a slip of paper from a pile or having another person choose something to drop into your world). Begin by identifying the emotions you feel. Are you angry at a disruption? Are you hurt at a slight? What are you feeling and how will that impact your behavior? What particular gifts and talents do you possess that will help you deal with the disruption?

You have been elected to a position of influence and power in your world. How will you integrate that social persona with the private person you have been? What about your life may change? What will you ensure doesn't change in your world? What goals will you set as a public figure? Are there things in your world that will need to change in order to achieve your goals?

Responsible Decision-Making *(the capacity to make caring and constructive choices, especially when others are impacted)*

You hear rumors of a pandemic (wait...that never happens in real life!) in a neighboring world. What is your top priority? What is the first thing you will do in response?

An unusual object is uncovered (either literally dug up or found in some way) in your world. One being in your world claims to know what this object is and what it is for. Do you believe them? How do you approach this object and its place in your world?

Social Awareness *(the ability to understand the perspectives of and empathize with others)*

Relationship Skills *(the ability to establish and maintain healthy, supportive relationships)*

A situation arises where inhabitants from another world must come live in yours. How will you make space for them? What will your world need to do to adapt to their needs?

A situation arises where inhabitants from your world must go live with another world. How will you approach that other world and ask them to take you in? What will you ask them to do for you in order to help you live in their world?

You are called in to mediate a disagreement between two other worlds. How do you start?

You and a representative from another world are called in to mediate a disagreement between two other worlds. How do you start?

