

CASEL Alignment Grid

CASEL Competency		How Migs Mello Supports	Chapters Aligned
1.	Self-Awareness	<ul style="list-style-type: none"> ✓ Recognizing and naming feelings using color zones (Red, Yellow, Green) ✓ Understanding that emotions may not match how others perceive us ✓ Recognizing internal triggers (hunger, heat, isolation) ✓ Embracing emotional sensitivity as a strength, not shame 	1, 2, 3, 4, 6, 7, 8, 9, 10
2.	Self-Management	<ul style="list-style-type: none"> ✓ Coping strategies for calming down ✓ Identifying the need for breaks, support, or co-regulation ✓ Making care-based decisions when overwhelmed ✓ Learning how to pause and reflect with support from others 	1, 2, 4, 5, 6, 7, 8, 9, 10
3.	Social Awareness	<ul style="list-style-type: none"> ✓ Understanding that others may interpret emotions differently ✓ Learning to notice others' emotional states and triggers ✓ Practicing empathy through supportive friendship ✓ Recognizing and honoring others' needs, even when different 	3, 4, 5, 6, 7, 9, 10
4.	Relationship Skills	<ul style="list-style-type: none"> ✓ Repairing miscommunication and misunderstanding 	3, 4, 5, 6, 7, 9, 10

		<ul style="list-style-type: none"> ✓ Building friendships through co-regulation and compassion ✓ Naming needs and expressing boundaries ✓ Reducing fear and stigma through shared understanding 	
5.	Responsible Decision-Making	<ul style="list-style-type: none"> ✓ Linking physical needs to emotional outcomes ✓ Choosing calming strategies over reactive behaviors ✓ Building cause-and-effect awareness of emotions and consequences ✓ Using brain-based insight to support choices that build connection 	2, 3, 4, 6, 7, 8, 9, 10