



Feel Your Best Self Crosswalk

Alignment with the CASEL 5 Competencies

What is Feel Your Best Self?

Feel Your Best Self (FYBS) is a free online toolkit that teaches 12 simple, emotion-focused coping strategies. These coping strategies are important life skills, and when used regularly, can promote emotional well-being. Using FYBS, kids explore varied strategies to find those that help them feel their best as they navigate different situations.

The 12 strategies are demonstrated in short videos that show 3 puppet kids as they navigate situations, helping each other shift their thinking, settle their body, and more!

The FYBS toolkit includes multiple components: Feelings Forecast, short strategy videos with puppet friends, strategy step cards, discussion tip sheets, reflection sheets, and puppet-making options. Facilitator guidance is available for using the various components. Implementers can choose what works best for target ages, settings, and contexts. For example, a classroom teacher might incorporate all components in their teaching whereas an afterschool or camp setting might prioritize puppet-making and strategy cards.

To develop FYBS, our team mapped evidence in emotion regulation, selecting strategies that could be taught quickly for anyone to use in shifting their feelings in the moment.ⁱ Strategies range from those that can be implemented proactively through situation selection or modification to those that are implemented reactively to refocus attention, shift thoughts, or settle the body. Strategies are organized into three categories: **Calm Your Self**, **Catch Your Feelings** and **Connect with Others**. **Calm Your Self** strategies focus on skills that settle the body or refocus attention. **Catch Your Feelings** strategies support self-awareness of one's emotional state through refocusing attention or shifting thoughts. Finally, **Connect with Others** strategies include selecting, offering, or seeking social connection.

FYBS fills a critical gap in social emotional learning (SEL) by primarily focusing on the development of **emotion skills** (e.g., emotional knowledge and expression, emotional and behavioral regulation, empathy, and perspective taking).ⁱⁱ Although FYBS does include social skills, these are the focus of 33% of strategies. Existing SEL programs allocate an average of 60% of lessons to social skills, and an average of only 36% of lessons to emotion skills.ⁱⁱ

How does Feel Your Best Self align with the CASEL 5?

Below, we illustrate the alignment of each FYBS strategy with CASEL's five competencies. The strategies within FYBS' three categories align with four of the five CASEL competencies: self-awareness, self-management, relationship skills, and social awareness. For a description of each of the FYBS strategies, review our [Facilitator Guide Overview](#). Complete definitions of CASEL's 5 competencies can be found on their [website](#).

Alignment of Feel Your Best Self with the CASEL 5

	Intro	Calm Yourself	Catch Your Feelings	Connect with Others
CASEL Competency and Definition ¹	Intro	Belly Breathing Shake Out the Yuck Ground It Down Chillax in my Head	Float Your Boat Turn the Dial Push the Clouds Smell the Roses	Feel It Together Bring a High 5! Be a Kind Helper 3 Friendly Wishes
Self-awareness: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.	●	●◐ ●◑ ●	● ● ● ●◐	●
Self-management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.		● ● ● ●	● ● ● ●	●
Responsible decision-making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.				
Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.				● ● ● ●
Social awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.				● ● ●

Note. ● = full alignment (e.g., explicit skill-building); ●◐ = partial alignment (e.g., implicit skill-building). For a description of each of the FYBS strategies, you can review our [Facilitator Guide Overview](#). ¹ For complete definitions of the CASEL competencies, you can visit their [website](#).

ⁱ Iovino, E. A., Koslouski, J. B., & Chafouleas, S. M. (2021). Teaching simple strategies to foster emotional well-being. *Frontiers in Psychology*, 5239.

ⁱⁱ Jones, S. M., Brush, K.E., Ramirez, T., Mao, Z. X., Marenus, M., Wettje, S., Finney, K., Raisch, N., Podoloff, N., Kahn, J., Barnes, S., Stickle, L., Brion-Meisels, G., McIntyre, J., Cuartas, J., & Bailey, R. (2021). Navigating SEL from the inside out: Looking inside and across 33 leading SEL programs – a practical resources for schools and OST providers. The EASEL Lab, Harvard University. <https://wallacefoundation.org/sites/default/files/2023-08/navigating-social-and-emotional-learning-from-the-inside-out-2ed.pdf>