

SEL Competency: Relationship Skills

Sub-Competency*	Level	Writing Prompt
Communicating effectively	Beginner or Basic	People who have good relationship skills work with others to solve problems, are good listeners, and are able to ask for help when they need it. When you communicate (com-MU-ni-cate) with someone else, you share ideas, news, or information. Sometimes, this means listening to others. Other times, this means telling other people what you need. Think of a real person or a character from a text you have read. Describe two ways that the person or character used good communication skills in the text. Use details and information from the text to support your answer.
	Intermediate	People who have good relationship skills help friends and peers, communicate clearly, treat others with respect, and cooperate with others to solve problems. Part of building relationship skills involves being able to communicate effectively with others. Sometimes, this means listening. Other times, this means communicating what you need in a healthy and respectful way. Think of a real person or a character from a text you have read. Describe how this person did or did not communicate effectively in the text. After, explain how this affected the events in the text—what happened to the character and the other people in the text as a result of poor or excellent communication skills? Use details and information from the text to support your answer.
Developing positive relationships	Beginner or Basic	People who have good relationship skills work with others to solve problems, are good listeners, and are able to ask for help when they need it. There are many ways to be a good friend. Being a good listener is one. Using kind words is another. Think of a real person or a character in a text you have read. Describe the ways this person was a good friend to another person or character in the text. How did this person become friends with someone else? What did this person say or do to be a good friend? Use information and details from the text to support your response.
	Intermediate	Building and maintaining relationships requires the ability to understand the thoughts and emotions of another person. People with good relationship skills help friends and peers, communicate clearly, treat others with respect, and cooperate with others to solve problems. Think about a real person or a character from a text you have read. Describe how this person developed a positive relationship with another person or character in the text. After, compare and contrast this character's experience with an experience you have had developing a positive relationship in your own life. This relationship could be a friend, a family member, a mentor who has helped you, or a person you have helped. Use information and details from the text as well as information from your own life to support your ideas.

*The sub-competencies listed above are part of an SEL framework developed by CASEL (The Collaborative for Academic, Social, and Emotional Learning). Drawing on CASEL's SEL recommendations, Reading Plus has created writing prompts to help support SEL learning objectives.

Demonstrating cultural competency	Beginner or Basic	People who have good relationship skills work with others to solve problems, are good listeners, and are able to ask for help when they need it. Sometimes, the people we have relationships with have a culture that is different from our own. (Culture means the food, language, and way of living of a group of people.) Think about a real person or a character from a text you have read who has a relationship with a person from another culture. Describe the different ideas and facts the character (or real person) learned about his or her friend’s culture. Use information and details from the text to support your answer.
	Intermediate	People with good relationship skills help friends and peers, communicate clearly, treat others with respect, and cooperate with others to solve problems. Understanding another person’s culture means thinking about the traditions, food, language, and ways of living another person grew up with. Think about a real person or a character from a text you have read who moves to a new place. Describe how this character learned about the new culture he or she experienced. Additionally, did learning about a new culture reveal anything new or interesting about the way the character thought about his or her own culture? Use information and details from the text to support your answer.
Practicing teamwork and collaborative problem-solving	Beginner or Basic	People who have good relationship skills work with others to solve problems, are good listeners, and are able to ask for help when they need it. Learning to cooperate (Co-OP-er-ate) means showing respect for others, listening to one another, and working together to solve problems. Think of a real problem or a made-up problem from a text you have read. Describe how the characters in the text cooperated with one another to solve the problem together. Use information and details from the text to support your answer.
	Intermediate	Building and maintaining relationships requires the ability to understand the thoughts and emotions of another person. People with good relationship skills help friends and peers, communicate clearly, treat others with respect, and cooperate with others to solve problems. Think of a real person or a character from a text you have read who is good at working with others to solve problems. Explain how this person collaborated with others to solve a problem in the text. After, imagine that this person or character is tasked with solving a problem our society currently faces today. Describe how this character would try to work with others to solve the problem and explain whether or not you think this person or character would succeed. Use information and details from the text as well as your own ideas to support your response.

Resolving conflicts constructively	Beginner or Basic	People who have good relationship skills work with others to solve problems. Sometimes, one person has a problem with another person. How do people solve these problems? They listen to one another. They talk about how they feel. They think about what caused the problem and how they can work together to solve it. Think about a real person or a character from a text you have read. Describe a problem this character faced that had to do with another person. After, describe how the character worked with the other person to solve the problem. Use information and details from the text to support your response.
	Intermediate	People with good relationship skills cooperate with others to solve problems. When people have conflicts with one another, it's important to solve them in a healthy way. People do this by listening to each other, taking accountability when they say or do things that are harmful to others, and compromising with one another. Think about a real person or a character from a text you have read who faced a significant problem with another person. Describe how both people or characters worked to solve the problem they faced and the reasons why they were successful. After, think about how the resolution of this conflict affected the plot or the real-life events in the text, and explain what would have happened if the characters had been unable to work out a solution. Use information and details from the text to support your answer.
Resisting negative social pressure	Beginner or Basic	People who have good relationship skills work with others to solve problems, are good listeners, and are able to ask for help when they need it. Peer pressure is when a group of peers, friends, or students act as a group to try and make someone do something he or she does not want to do. Think about a real person or a character from a text you have read. Describe a time when this person or character was asked to do something he or she did not want to do. How did the character react? How did the character solve this problem? Use information and details from the text to support your response.
	Intermediate	People with good relationship skills treat others with respect and cooperate with others to solve problems. Social pressure is when a group of people want a person to do something, and in order to make this happen, the group creates an atmosphere that makes it very uncomfortable to avoid participating in the activity. Sometimes, this means bullying, while other times it means acting as a group to push another person to do something that is unethical or outside of his or her comfort zone. Think of a real person or a character from a text you have read who felt pressured to go along with something he or she did not feel comfortable doing. Describe how this person resisted being pressured to do something he or she did not want to do. Describe how this person felt while being pressured to do something and how he or she felt afterwards. Use information and details from the text to support your response.

Showing leadership in groups	Beginner or Basic	People who have good relationship skills work with others to solve problems, are good listeners, and are able to ask for help when they need it. Good leaders have good relationship skills too. Think of a real person or a character from a text you have read who is a good leader. Describe how this person led a group of peers, teammates, or friends. Was this person a good listener? Did this person help others solve problems? Use information and details from the text to support your response.
	Intermediate	People with good relationship skills treat others with respect and cooperate with others to solve problems. Part of being an effective leader is having strong relationship skills. Think of a real person or a character from a text you have read who is an effective leader. Describe how this person used relationship skills to motivate or inspire a group of people—did he or she do this through listening, speaking, helping others, or a combination of all three? After, describe a time where you felt respected and motivated by a leader in your own life. Describe how this person inspired you and explain why or why not you feel this leader was successful at leading others. Use information from the text as well as details from your own life experiences to support your response.
Seeking or offering support and help when needed	Beginner or Basic	People who have good relationship skills work with others to solve problems, are good listeners, and are able to ask for help when they need it. Asking for help and giving help are two ways that people can support one another. Think of a real person or a character from a text you have read. Did this character show that he or she could ask for help? Use information and details from the text to explain why or why not.
	Intermediate	People with good relationship skills help friends and peers, communicate clearly, and treat others with respect. Asking for help and giving help are two ways that people show support for one another. Asking for help can feel hard at times—it is not always easy to let others know that you need help. Think of a real person or a character from a text you have read who seeks someone else’s help or advice. Describe how this character or person did this and how this choice affected his or her life. After, imagine that you are offering help to someone in your real life. Explain what you think you would be good at helping someone with and why. Use details and information from the story as well as your own life experiences to write your response.
Standing up for the rights of others	Beginner or Basic	People who have good relationship skills work with others to solve problems, are good listeners, and are able to ask for help when they need it. Standing up for the rights of others means helping friends or classmates when they are in need. Bullies can make people feel uncomfortable. Think of a real person or a character from a text you have read who stands up for someone else. How did that character or person know someone else was being bullied? How did the character help? Use information and details from the text to support your answer.
	Intermediate	People with good relationship skills help friends and peers and treat others with respect. Standing up for the rights of others means helping another person when he or she is in need. Think of a real person or a character from a text you read who stood up for the rights of another person. Describe how this person or character knew that someone needed his or her help and explain how he or she helped this person. After, explain whether the problem the character helped another person through was an interpersonal problem (a problem between two people) or a societal problem (a problem a person has because of the rules of their society), or a combination of both. Use information and details from the text to support your response.