



Welcome to the Satchel Pulse Skills guides. They are a comprehensive resource designed to support educators in fostering essential skills in their students. These guides are crafted to equip teachers with practical insights, strategies, and activities centered around the key aspects of skill development.

Recognizing the significance of skill development in modern education, this resource explores the foundational subskills within these crucial areas. By concentrating on these subskills, educators can cultivate a deeper and more detailed comprehension of Skills, helping students to excel academically, socially, and emotionally.

This resource aims to enable teachers to support overall student growth by fostering a welcoming and inclusive learning space. Here, students can thrive academically while refining essential life skills. By applying the strategies provided in these guides, educators can significantly impact the social, emotional, and academic development of their students, equipping them to confidently and resiliently navigate the challenges of the contemporary world.

The guides have been organized into self awareness, self management, social awareness, relationship skills, and responsible decision making competencies.



Self awareness

Accurate Self Perception, Recognizing strengths, Identifying emotions, self confidence and self efficacy



Self Management

Impulse control, stress management , self discipline, self motivation, goal setting, organizational skills



Relationship Skills

Communication, Social engagement, relationship building, team work



Social Awareness

Perspective taking, empathy, appreciating diversity, Respect for others



Responsible Decision Making

Identifying problems, analyzing situations, solving problems, evaluating, reflecting, ethical responsibility