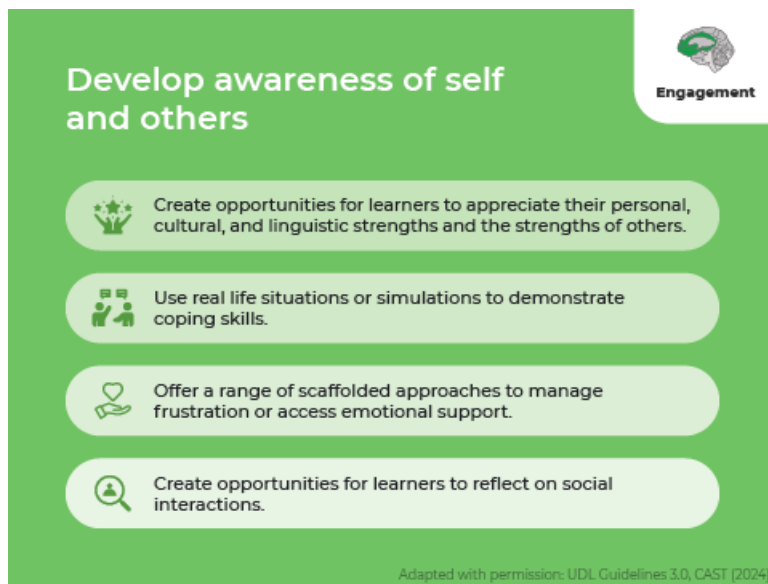






Develop awareness of self and others



Develop awareness of self and others

Engagement

-  Create opportunities for learners to appreciate their personal, cultural, and linguistic strengths and the strengths of others.
-  Use real life situations or simulations to demonstrate coping skills.
-  Offer a range of scaffolded approaches to manage frustration or access emotional support.
-  Create opportunities for learners to reflect on social interactions.

Adapted with permission: UDL Guidelines 3.0, CAST (2024)

Source:

UDL Guidelines 3.0, CAST (2024)

<https://udlguidelines.cast.org/engagement/emotional-capacity/awareness/>

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