

Grades 3, 4, 5

Adopted 2019

Self-Awareness K-12.A

A1. Demonstrate an awareness of personal emotions A1

- b. Identify a range of personal emotions A1.1.B
 - b. Identify that emotions are valid, even if others feel differently A1.2.B
 - b. Consider when it is necessary to process emotions in a safe place, independently or with the guidance of a trusted adult A1.3.B
 - b. Describe how current events trigger emotions A1.4.B
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A2. Demonstrate awareness of personal interests and qualities, including strengths and challenges A2

- b. Identify personal strengths based on interests and qualities A2.1.B
 - b. Demonstrate a skill or talent that builds on personal strengths A2.2.B
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A3. Demonstrate awareness of and willingness to seek help for self or others A3

- b. Describe how a trusted adult can provide academic, social or emotional support or assistance for self and others A3.1.B
 - b. Seek help and acknowledge constructive feedback from others that addresses challenges and builds on strengths A3.2.B
 - b. Utilize strategies that support safe practices for self and others A3.3.B
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A4. Demonstrate a sense of personal responsibility, confidence and advocacy A4

- b. Identify and describe how personal choices and behavior impacts self and others A4.1.B
 - b. Demonstrate confidence in the ability to complete a range of tasks and address challenges while expressing positive attitudes towards self A4.2.B
 - b. Identify ways to respectfully advocate for academic and personal needs A4.3.B
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Self-Management K-12.B

B1. Regulate emotions and behaviors by using thinking strategies that are consistent with brain development B1

- b. Demonstrate strategies to express a range of emotions within the expectations of the setting B1.1.B
 - b. Describe possible outcomes associated with verbal and nonverbal expression of emotions in different settings B1.2.B
 - b. Apply strategies to regulate emotions and manage behaviors B1.3.B
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B2. Set, monitor, adapt and evaluate goals to achieve success in school and life B2

- b. Identify goals for academic success and personal growth B2.1.B
 - b. Identify school, family and community resources, with adult support, that may assist in achieving a goal B2.2.B
 - b. Plan steps needed to reach a short-term goal B2.3.B
 - b. Identify alternative strategies with guidance toward a specified goal B2.4.B
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B3. Persevere through challenges and setbacks in school and life B3

- b. Identify strategies for persevering through challenges and setbacks B3.1.B
 - b. Identify the cause of a challenge or setback and with assistance, develop a plan of action B3.2.B
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Social Awareness K-12.C

C1. Recognize, identify and empathize with the feelings and perspective of others C1

- b. Identify verbal and nonverbal cues representing feelings in others C1.1.B
 - b. Identify and acknowledge others' viewpoints, knowing that both sides do not have to agree but can still be respectful C1.2.B
 - b. Demonstrate empathetic reactions in response to others' feelings and emotions C1.3.B
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C2. Demonstrate consideration for and contribute to the well-being of the school, community and world C2

- b. Identify reasons for making positive contributions to the school and community C2.1.B
- b. Demonstrate citizenship in the classroom and school community C2.2.B
- b. Perform activities that contribute to classroom, school, home and broader community C2.3.B
- b. Identify areas of improvement for school or home and develop an action plan to address these areas C2.4.B

C3. Demonstrate an awareness and respect for human dignity, including the similarities and differences of all people, groups and cultures C3

- b. Discuss positive and negative opinions people may have about other people or groups, even if they aren't always true C3.1.B
- b. Participate in cross-cultural activities and acknowledge that individual and group differences may complement each other C3.2.B
- b. Define and practice civility and respect virtually and in-person C3.3.B

C4. Read social cues and respond constructively C4

- b. Identify others' reactions by tone of voice, body language and facial expressions C4.1.B
- b. Identify ways that norms differ among various families, cultures and social groups C4.2.B
- b. Recognize that individuals' needs for privacy and boundaries differ and respect those differences C4.3.B

Relationship Skills K-12.D

D1. Apply positive verbal and non-verbal communication and social skills to interact effectively with others and in groups D1

- b. Apply active listening and effective communication skills to increase cooperation and relationships D1.1.B
- b. Demonstrate the ability to give and receive feedback in a respectful way D1.2.B
- b. Describe the positive and negative impact of communicating through social and digital media D1.3.B

D2. Develop and maintain positive relationships D2

- b. Identify what creates a feeling of belonging in various relationships D2.1.B
- b. Demonstrate behaviors associated with inclusiveness in a variety of relationships D2.2.B
- b. Distinguish the helpful and harmful impact of peer pressure on self and others D2.3.B

D3. Demonstrate the ability to prevent, manage and resolve interpersonal conflicts in constructive ways D3

- b. Identify and demonstrate personal behaviors to prevent conflict D3.1.B
 - b. Apply conflict resolution skills to manage disagreements and maintain personal safety D3.2.B
 - b. Generate ideas to reach a compromise and find resolution during conflict D3.3.B
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Responsible Decision-Making K-12.E

E1. Develop, implement and model effective decision and critical thinking skills E1

- b. Generate possible solutions or responses to a problem or needed decision recognizing that there may be more than one perspective E1.1.B
 - b. Implement strategies to solve a problem E1.2.B
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E2. Identify potential outcomes to help make constructive decisions E2

- b. Identify factors that can make it hard to make the best decisions at home or at school E2.1.B
 - b. Identify reliable sources of adult help in various settings E2.2.B
 - b. Predict possible future outcomes of personal actions in various settings E2.3.B
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E3. Consider the ethical and civic impact of decisions E3

- b. Demonstrate the ability to respect the rights of self and others E3.1.B
 - b. Demonstrate safe practices to guide actions E3.2.B
 - b. Consider various perspectives and sources of information when participating in group decision-making E3.3.B
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E4. Explore and approach new situations with an open mind and curiosity while recognizing that some outcomes are not certain or comfortable E4

- b. Explore new opportunities to expand one's knowledge and experiences E4.1.B
- b. Develop and practice strategies to appropriately respond in unfamiliar situations E4.2.B
- b. Practice the ability to manage transitions and adapt to changing situations and responsibilities in school and life E4.3.B