

Grade Band 7-8

Self-Awareness

SeA1:7-8a. I can analyze current or past emotions by considering what caused them; as well as, how long they lasted (duration). [SEA1:7-8A](#)

SeA1:7-8b. I can recognize the relationship between my self-talk and emotions. [SEA1:7-8B](#)

SeA1:7-8c. I can analyze my emotions based on my body signals, events, and situations. [SEA1:7-8C](#)

SeA2:7-8a. I can analyze how my personal strengths, interests, challenges, and values influence my ability to plan for the future. [SEA2:7-8A](#)

SeA2:7-8b. I can identify and communicate what motivates me when taking on challenges. [SEA2:7-8B](#)

SeA2:7-8c. I can identify how my values and experiences influence my own learning. [SEA2:7-8C](#)

SeA2:7-8d. I can comfortably talk about myself and positively describe my various group identities. [SEA2:7-8D](#)

Self-Management

SeM1:7-8a. I can identify the difference between healthy and unhealthy stress levels. [SEM1:7-8A](#)

SeM1:7-8b. I can apply coping skills to process thoughts, express my emotions and manage stressful situations. [SEM1:7-8B](#)

SeM1:7-8c. I can reframe a challenging situation into a positive or learning opportunity for growth. [SEM1:7-8C](#)

SeM2:7-8a. I can evaluate my goals in relation to my previous accomplishments. [SEM2:7-8A](#)

SeM2:7-8b. I can monitor progress toward a specified goal by developing checkpoints or adjusting the plan as needed. [SEM2:7-8B](#)

SeM2:7-8c. I can evaluate how my ability to prioritize and manage my time impacts my goal achievement. [SEM2:7-8C](#)

Social Awareness

SoA1: 7-8a. I can accept when the viewpoints or perceptions of others are different from mine. SOA1: 7-8A

SoA1: 7-8b. I can develop an understanding and appreciation of different abilities, backgrounds, cultures and social groups. SOA1: 7-8B

SoA1: 7-8c. I can independently express gratitude in multiple settings. SOA1: 7-8C

SoA2:7-8a. I can recognize and describe unfairness and injustice in many forms including attitudes, speech, behaviors, policies, practices, and laws. SOA2:7-8A

SoA2:7-8b. I can explain the difference between conscious bias and unconscious bias. SOA2:7-8B

Relationship Skills

ReS1:7-8a. I can explain how my interactions directly impact my reputation and relationships (including interactions on social and digital media). RES1:7-8A

ReS1:7-8b. I can recognize the non-verbal communication of others to improve my listening skills. RES1:7-8B

ReS1:7-8c. I can outline and practice the use of conflict resolution skills to solve problems peacefully. RES1:7-8C

ReS1:7-8d. I can identify causes that matter to me and how I can advocate or take action for change. RES1:7-8D

ReS2:7-8a. I can advocate for my role within a group as well as for the inclusion of others. RES2:7-8A

ReS2:7-8b. I can identify a relationship building skill that I would like to improve. RES2:7-8B

ReS2:7-8c. I can identify characteristics of positive and negative relationships. RES2:7-8C

ReS2:7-8d. I can offer and receive constructive feedback. RES2:7-8D

Decision Making

DeM1:7-8a. I can reflect on lessons learned from actual experiences to inform future practices. DEM1:7-8A

DeM1:7-8b. I can demonstrate open-mindedness by evaluating how external factors can impact my decision-making. DEM1:7-8B

DeM1:7-8c. I can compare and contrast possible outcomes of my decisions. DEM1:7-8C

DeM2:7-8a. I can evaluate how my membership in multiple groups combine to make me who I am and that none of my individual groups on their own fully defines me. DEM2:7-8A

DeM2:7-8b. I can evaluate how my decisions impact myself and others. DEM2:7-8B