

Grades K, 1, 2

Adopted 2019

Self-Awareness K-12.A

A1. Demonstrate an awareness of personal emotions A1

- a. Identify basic personal emotions A1.1.A
 - a. Recognize emotions as natural and important A1.2.A
 - a. Identify appropriate time and place to safely process emotions, independently or with the guidance of a trusted adult A1.3.A
 - a. Recognize that current events can impact emotions A1.4.A
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A2. Demonstrate awareness of personal interests and qualities, including strengths and challenges A2

- a. Identify personal interests and qualities A2.1.A
 - a. Explore opportunities to develop skills and talents A2.2.A
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A3. Demonstrate awareness of and willingness to seek help for self or others A3

- a. Identify at least one trusted adult at school and in the community and know when and how to access them A3.1.A
 - a. Seek help when faced with challenges or when frustrated with a task, skill or situation A3.2.A
 - a. Describe situations or locations that feel safe A3.3.A
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A4. Demonstrate a sense of personal responsibility, confidence and advocacy A4

- a. Describe the outcomes of both following and breaking rules A4.1.A
 - a. Demonstrate confidence in the ability to complete simple tasks and challenges independently, while expressing positive attitudes towards self A4.2.A
 - a. Identify ways to respectfully advocate for basic personal needs A4.3.A
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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

- a. Identify personal behaviors or reactions when experiencing basic emotions B1.1.A
 - a. Describe verbal and nonverbal ways to express emotions in different settings B1.2.A
 - a. Identify and begin to use strategies to regulate emotions and manage behaviors B1.3.A
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B2. Set, monitor, adapt and evaluate goals to achieve success in school and life B2

- a. Identify goals for classroom behavior and academic success B2.1.A
 - a. Identify how adults and peers can help with a goal B2.2.A
 - a. Describe what action steps can be taken to reach a short-term goal B2.3.A
 - a. Discuss obstacles that can get in the way of reaching a goal and ideas for handling those obstacles B2.4.A
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B3. Persevere through challenges and setbacks in school and life B3

- a. Describe a time when you kept trying in a challenging situation B3.1.A
 - a. Explain how practice improves performance of a skill and can help in overcoming a challenge or setback B3.2.A
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Social Awareness K-12.C

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

- a. Identify facial and body cues representing feelings in others C1.1.A
 - a. Identify words and actions that may support or hurt the feelings of others C1.2.A
 - a. Define empathy and identify empathetic reactions in others C1.3.A
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C2. Demonstrate consideration for and contribute to the well-being of the school, community and world C2

- a. Identify the purpose for having school-wide expectations and classroom rules C2.1.A
- a. Identify characteristics of positive citizenship in the classroom and school C2.2.A
- a. Perform activities that contribute to classroom, school and home, with adult involvement as needed C2.3.A
- a. Identify and participate in activities to improve school or home C2.4.A

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

- a. Discuss how people can be the same or different C3.1.A
- a. Participate in cross-cultural activities and discuss differences, similarities and positive qualities across all cultures and groups C3.2.A
- a. Discuss the concept of, and practice, treating others the way you would want to be treated C3.3.A

C4. Read social cues and respond constructively C4

- a. Recognize social cues in different settings C4.1.A
- a. Identify norms for various family and social situations C4.2.A
- a. Recognize others' personal space and boundaries C4.3.A

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

- a. Identify and engage in positive communication skills D1.1.A
- a. Practice giving and receiving feedback in a respectful way D1.2.A
- a. Develop an awareness that people communicate through social and digital media D1.3.A

D2. Develop and maintain positive relationships D2

- a. Demonstrate an awareness of roles in various relationships D2.1.A
- a. Recognize the need for inclusiveness D2.2.A
- a. Recognize that people may influence each other with words or actions D2.3.A

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

- a. Identify common conflicts and describe possible causes D3.1.A
- a. Recognize that there are various ways to solve conflicts and utilize these techniques to practice solving problems D3.2.A
- a. Apply listening and attention skills to identify the feelings and perspectives of others D3.3.A

Responsible Decision-Making K-12.E

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

- a. Identify a problem or needed decision and recognize that there may be multiple responses E1.1.A
- a. Identify strategies to solve a problem E1.2.A

E2. Identify potential outcomes to help make constructive decisions E2

- a. Identify factors that can make it hard for a person to make the best decision in the classroom E2.1.A
- a. Identify reliable sources of adult help in the immediate setting E2.2.A
- a. Identify how personal choices will impact the outcome of a situation E2.3.A

E3. Consider the ethical and civic impact of decisions E3

- a. Identify how certain actions can impact others E3.1.A
- a. Recognize safe practices and actions E3.2.A
- a. Recognize the need for group decisions that support a common goal E3.3.A

E4. Explore and approach new situations with an open mind and curiosity while recognizing that some outcomes are not certain or comfortable E4

- a. Recognize that new opportunities may have positive outcomes E4.1.A
- a. Identify physical and emotional responses to unfamiliar situations E4.2.A
- a. Identify examples of transitions and how they are a necessary and appropriate part of school and life E4.3.A