

Grade Band 3-4

Self-Awareness

SeA1:3-4a. I can understand I can have more than one emotion at the same time. [SEA1:3-4A](#)

SeA1:3-4b. I can recognize the difference between negative and positive self-talk. [SEA1:3-4B](#)

SeA1:3-4c. I can identify my emotions based on my body signals, events, and situations. [SEA1:3-4C](#)

SeA2:3-4a. I can identify my personal strengths and interests inside and outside of the school setting. [SEA2:3-4A](#)

SeA2:3-4b. I can identify my personal challenges and recognize that I can address these challenges by having a growth mindset. [SEA2:3-4B](#)

SeA2:3-4c. I can identify ways I can show values such as honesty, kindness, and integrity through my actions. [SEA2:3-4C](#)

SeA2:3-4d. I can describe the multiple groups in society that help create my identity. [SEA2:3-4D](#)

Self-Management

SeM1:3-4a. I can evaluate ways that I currently express emotions as either kind or unkind. [SEM1:3-4A](#)

SeM1:3-4b. I can identify coping skills for specific situations that cause me to feel stress or uncomfortable emotions. [SEM1:3-4B](#)

SeM1:3-4c. I can describe how I can use courage and perseverance to overcome a challenging situation. [SEM1:3-4C](#)

SeM2:3-4a. I can recognize the connection between short-term and long-term goals. [SEM2:3-4A](#)

SeM2:3-4b. I can set a goal, divide it into steps, and identify strategies to reach it. [SEM2:3-4B](#)

SeM2:3-4c. I can develop and improve my daily organizational skills. [SEM2:3-4C](#)

Social Awareness

SoA1:3-4a. I can define empathy and explain ways to demonstrate it. [SOA1:3-4A](#)

SoA1:3-4b. I can ask questions in a positive manner about other people's cultures, traditions and beliefs. SOA1:3-4B

SoA1:3-4c. I can develop regular habits that allow me to express gratitude. SOA1:3-4C

SoA2:3-4a. I can understand that people may face different barriers based on their identity and groups in society and that this is not fair. SOA2:3-4A

SoA2:3-4b. I can understand how stereotypes can be harmful. SOA2:3-4B

SoA2:3-4c. I can recognize and value the thoughts and feelings of others. SOA2:3-4C

Relationship Skills

ReS1:3-4a. I can demonstrate positive verbal and non-verbal communication skills through my words, tone of voice, and body language (incorporate social media). RES1:3-4A

ReS1:3-4b. I can independently apply active listening skills in different situations. RES1:3-4B

ReS1:3-4c. I can apologize in a meaningful way when I have made a mistake (even if it was an accident). RES1:3-4C

ReS1:3-4d. I can brainstorm ways to tell someone when their words or actions are hurtful. RES1:3-4D

ReS2:3-4a. I can identify different roles within a group setting and I understand how they all contribute. RES2:3-4A

ReS2:3-4b. I can adapt my behavior based on another's non-verbal cues. RES2:3-4B

ReS2:3-4c. I can identify the difference between positive and negative peer pressure. RES2:3-4C

Decision Making

DeM1:3-4a. I can explain what is within my control and what is outside of my control when facing a problem. DEM1:3-4A

DeM1:3-4b. I can explain the information I used as well as the steps I took when making a decision. I can explain the information I used when making a decision, along with the steps I took. DEM1:3-4B

DeM1:3-4c. I can recognize that my choices may result in different outcomes. DEM1:3-4C

DeM2:3-4a. I can develop an awareness of and comfort with my membership in multiple groups in society. DEM2:3-4A

DeM2:3-4b. I can consider the feelings and rights of myself and others when making decisions. DEM2:3-4B
