

Grades 3-5

Self-awareness 1

A Demonstrate an awareness of his/her emotions. 1A

- 1 Recognizes intensity levels of emotions in different situations 1A.1
 - 2 Recognizes how emotions can change 1A.2
 - 3 Recognizes how thoughts are linked with emotions and emotions are linked to behavior 1A.3
 - 4 Describes ways emotions impact behavior(s) 1A.4
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B Demonstrate an awareness of their personal qualities and interests. 1B

- 1 Compares likes and dislikes of self and others and is aware of personal qualities and interests of self and others 1B.1
 - 2 Understands the relationship between interests and continued experiences and development 1B.2
 - 3 Demonstrates awareness that personal qualities and interests affect decision-making 1B.3
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C Demonstrate an awareness of their strengths and limitations. 1C

- 1 Identifies strengths and limitations 1C.1
 - 2 Describes and prioritizes strengths and interests that one wants to develop 1C.2
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D Demonstrate a sense of personal responsibility and advocacy. 1D

- 1 Defines what it means to be responsible and identifies ways one can be responsible in everyday life in school and in the community 1D.1
- 2 Explains the benefits of being responsible 1D.2
- 3 Demonstrates responsible behaviors 1D.3
- 4 Demonstrates the ability to say "No" to negative peer pressure and explain why it is important 1D.4
- 5 Self-advocates to support responsible choices and to avoid negative behaviors by reaching out to adults for assistance 1D.5

E Identify external and community resources and supports. 1E

- 1 Recognizes qualities of positive role models 1E.1
 - 2 Identifies positive adults in various facets of their lives 1E.2
 - 3 Identifies peer, home, and school supports and/or resources to help solve problems 1E.3
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Self-management 2

A Understand and use strategies for managing their emotions and behaviors constructively. 2A

- 1 Uses self-monitoring strategies (i.e., self-talk) to manage stress and regulate emotions 2A.1
 - 2 Identifies the relationship between thoughts, emotions, and actions 2A.2
 - 3 Demonstrates skills to respond effectively to pressure situations (e.g., calm down, walk away, seek help, or meditation) 2A.3
 - 4 Expresses emotions in a respectful manner 2A.4
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B Set, monitor, adapt, and evaluate their goals to achieve success in school and life. 2B

- 1 Distinguishes between short- and long-term goals 2B.1
 - 2 Describes why learning is important in helping them achieve personal goals 2B.2
 - 3 Identifies ability to meet the goal independently or with supports 2B.3
 - 4 Identifies personal skills, planning, or strategies that lead to accomplishments 2B.4
 - 5 Evaluates what one might have done differently to achieve greater success on a recent goal 2B.5
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Social Awareness 3

A Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues. 3A

- 1 Recognizes the emotions of others by using listening and/or visual cues 3A.1
 - 2 Recognizes multiple points of view or perspectives in a situation 3A.2
 - 3 Recognizes non-verbal, environmental, or social cues to identify the emotions and perspectives of others 3A.3
 - 4 Predicts the impact of one's own behavior on the emotions of others 3A.4
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B Exhibit civic responsibility in multiple settings. 3B

- 1 Describes what they learned about themselves in helping others 3B.1
- 2 Shares reasons for helping others 3B.2
- 3 Identifies ways to contribute to their school, home, and community 3B.3
- 4 Works collaboratively with peers to complete a job, task, or address a need 3B.4

C Show an understanding and appreciation for individual worth and differences. 3C

- 1 Defines stereotyping, discrimination, and prejudice 3C.1
 - 2 Recognizes the similarities of different cultures and social groups 3C.2
 - 3 Recognizes the value of cultures and social groups 3C.3
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Relationship Skills 4

A Use positive communication and social skills to interact effectively with others. 4A

- 1 Gives and receives compliments in a genuine manner 4A.1
 - 2 Uses active listening skills to foster better communication 4A.2
 - 3 Demonstrates good sportsmanship: 4A.3
 - 1 plays fairly 4A.3.1
 - 2 is a gracious winner 4A.3.2
 - 3 is an accepting loser 4A.3.3
 - 4 Demonstrates cooperative behaviors in a group (e.g., listens, encourages, acknowledges opinions, compromises, and reaches consensus) 4A.3.4
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B Develop and maintain positive relationships. 4B

- 1 Recognizes the difference between helpful and harmful behaviors in a relationship 4B.1
 - 2 Identifies a problem in a relationship and determines the appropriate means of resolution (e.g., problem-solving process, peer mediation, adult assistance) 4B.2
 - 3 Describes the positive and negative impact of peer pressure on self and others 4B.3
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C Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways. 4C

- 1 Shows an understanding of conflict as a natural part of life 4C.1
 - 2 Describes ways to be proactive and prevent conflict 4C.2
 - 3 Describes causes and effects of conflicts, including how one's behavior impacts personal and others' emotions 4C.3
 - 4 Distinguishes between destructive and constructive ways of dealing with conflicts 4C.4
 - 5 Activates steps of the conflict resolution (problem solving) process (active listening, expressing feelings, identifying the problem, brainstorming solutions, make amends etc.) 4C.5
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Responsible Decision-making 5

A Consider and use multiple factors in decision making, including ethical and safety factors, personal and community responsibilities, and short-term and long-term goals. 5A

- 1 Identifies social norms that affect decision making 5A.1
 - 2 Defines cyber-bullying and response strategies 5A.2
 - 3 Understands bullying and how to respond to support the victim or targeted person/group 5A.3
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B Develop, implement, and model effective decision-making skills to deal responsibility with academic and social situations. 5B

- 1 Describes steps of a decision-making model 5B.1
- 2 Effectively participates in group decision-making 5B.2
- 3 Reflects on the pros and cons of the decision made or options considered 5B.3