

# Grade Band 1-2

## Self-Awareness

**SeA1:1-2a.** I can identify a variety of emotions. [SEA1:1-2A](#)

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**SeA1:1-2b.** I can understand that my emotions are natural and will change. [SEA1:1-2B](#)

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**SeA1:1-2c.** I can understand that certain events and situations can impact my emotions. [SEA1:1-2C](#)

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**SeA2:1-2a.** I can identify my personal strengths and interests inside and outside of the school setting. [SEA2:1-2A](#)

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**SeA2:1-2b.** I can recognize when I have worked hard to overcome a challenging situation. [SEA2:1-2B](#)

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**SeA2:1-2c.** I can recognize my personal values. [SEA2:1-2C](#)

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**SeA2:1-2d.** I can develop an awareness of multiple groups in society. [SEA2:1-2D](#)

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## Self-Management

**SeM1:1-2a.** I can identify safe, kind, and helpful ways to express my emotions. [SEM1:1-2A](#)

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**SeM1:1-2b.** I can recognize my body's signals and apply a strategy to help me stay in control. [SEM1:1-2B](#)

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**SeM1:1-2c.** I can describe times when I showed courage and when I kept trying in a challenging situation. [SEM1:1-2C](#)

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**SeM2:1-2a.** I can describe something I have accomplished and identify something I would like to accomplish in the future. [SEM2:1-2A](#)

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**SeM2:1-2b.** I can set and achieve simple, short-term goals. [SEM2:1-2B](#)

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**SeM2:1-2c.** I can follow a multi-step plan independently. [SEM2:1-2C](#)

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## Social Awareness

**SoA1:1-2a.** I can recognize other people's feelings and respond in kind and safe ways. [SOA1:1-2A](#)

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**SoA1:1-2b.** I can discuss similarities and differences in abilities, cultures, traditions, and beliefs. [SOA1:1-2B](#)

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**SoA1:1-2c.** I can explain what gratitude is and why it is important to show it. SOA1:1-2C

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**SoA2:1-2a.** I can understand that fair does not always mean that everyone gets the same thing. SOA2:1-2A

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## Relationship Skills

**ReS1:1-2a.** I can communicate my needs, wants and ideas to adults and peers in a positive way. RES1:1-2A

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**ReS1:1-2b.** I can demonstrate active listening skills when interacting with adults and peers. RES1:1-2B

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**ReS1:1-2c.** I can demonstrate when to resolve conflicts with peers independently and when to include an adult. RES1:1-2C

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**ReS1:1-2d.** I can describe what I would do if I saw someone being treated unkindly or unfairly. RES1:1-2D

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**ReS2:1-2a.** I can demonstrate the actions of a helpful teammate or group member. RES2:1-2A

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**ReS2:1-2b.** I can identify non-verbal cues that indicate how others may feel. RES2:1-2B

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## Decision Making

**DeM1:1-2a.** I can classify a problem based on its size. DEM1:1-2A

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**DeM1:1-2b.** I can list strategies to solve a problem. DEM1:1-2B

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**DeM1:1-2c.** I can recognize that I have choices in how to respond in a situation. DEM1:1-2C

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**DeM2:1-2a.** I can describe and appreciate ways that I am similar to and different from other people. DEM2:1-2A

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**DeM2:1-2b.** I can explain how the choices I make impact others. DEM2:1-2B

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