

# 6th-8th

## EMOTIONAL DEVELOPMENT

### Understand and manage one's emotions

- 1 Self-Awareness: Learners will be able to recognize and label a variety of complex graded emotions in self and others. [6-8.1](#)
  - 2 Self-Management: Learners will be able to express their emotions in an appropriate and respectful manner using a variety of modalities (e.g., verbal and nonverbal). [6-8.2](#)
  - 3 Self-Management: Learners will be able to identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger. [6-8.3](#)
  - 4 Focus Attention: Learners will be able to independently use organizational skills and strategies to focus attention in order to work toward short-term personal and academic goals. [6-8.4](#)
  - 5 Social Awareness: Learners will be able to provide support and encouragement to others through perspective taking, empathy, and appreciation for diversity. [6-8.5](#)
  - 6 Social Awareness: Learners will be able to recognize expressions of empathy in society and communities. [6-8.6](#)
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## SELF-CONCEPT

### Develop positive self-identity and recognize self as a lifelong learner

- 7 Self-Awareness: Learners will be able to use optimism and a “growth mind set” to recognize strengths in self in order to describe and prioritize personal skills and interests they want to develop. [6-8.7](#)
  - 8 Self-Awareness: Learners will be able to self-reflect on their values and beliefs and how their behaviors relate to those values and beliefs. [6-8.8](#)
  - 9 Self-Awareness and Social-Awareness: Learners will be able to identify how family and culture impact their thoughts and actions. [6-8.9](#)
  - 10 Self-Management: Learners will be able to consistently set attainable, realistic goals, and persist until their goals are achieved. [6-8.10](#)
  - 11 Self-Awareness and Self-Management: Learners will be able to identify successes and challenges, and how they can learn from them. [6-8.11](#)
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## **SOCIAL COMPETENCE**

### **Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large**

- 12 Social Awareness: Learners will be able to show respect for other people's perspectives. 6-8.12
- 13 Social Awareness: Learners will be able to reflect how cross-cultural experiences can influence their ability to build positive relationships. 6-8.13
- 14 Social Awareness: Learners will be able to identify discrimination of individuals and groups based upon perceived differences. 6-8.14
- 15 Relationship Skills: Learners will be able to recognize the emotional, physical, social, and other costs of negative relationships. 6-8.15
- 16 Relationship Skills: Learners will be able to use active listening and assertive, clear communication when expressing thoughts and ideas. 6-8.16
- 17 Relationship Skills: Learners will be able to recognize and respond appropriately to constructive feedback. 6-8.17
- 18 Relationship Skills: Learners will be able to work cooperatively and productively in a group and overcome setbacks and disagreements. 6-8.18
- 19 Relationship Skills: Learners will be able to apply negotiation skills and conflict resolution skills to resolve differences. 6-8.19
- 20 Decision Making: Learners will be able to generate a variety of solutions and outcomes to a problem with consideration of wellbeing for oneself and others. 6-8.20
- 21 Social Awareness: Learners will be able to identify how social norms for behavior vary across different settings and within different cultures. 6-8.21
- 22 Decision Making and Relationship Skills: Learners will be able to identify the impact of their decisions on personal safety and relationships. 6-8.22
- 23 Social Awareness and Relationship Skills: Learners will be able to advocate for themselves. 6-8.23
- 24 Decision Making, Social Awareness, and Relationship Skills Learners will be able to, with adult guidance, create an action plan that addresses a need in the classroom, school, or community. 6-8.24