

# Grades 3, 4, 5

Adopted 2019

## Self-Awareness K-12.A

### A1. Demonstrate an awareness of personal emotions A1

- b. Identify a range of personal emotions A1.1.B
  - b. Identify that emotions are valid, even if others feel differently A1.2.B
  - b. Consider when it is necessary to process emotions in a safe place, independently or with the guidance of a trusted adult A1.3.B
  - b. Describe how current events trigger emotions A1.4.B
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### A2. Demonstrate awareness of personal interests and qualities, including strengths and challenges A2

- b. Identify personal strengths based on interests and qualities A2.1.B
  - b. Demonstrate a skill or talent that builds on personal strengths A2.2.B
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### A3. Demonstrate awareness of and willingness to seek help for self or others A3

- b. Describe how a trusted adult can provide academic, social or emotional support or assistance for self and others A3.1.B
  - b. Seek help and acknowledge constructive feedback from others that addresses challenges and builds on strengths A3.2.B
  - b. Utilize strategies that support safe practices for self and others A3.3.B
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### A4. Demonstrate a sense of personal responsibility, confidence and advocacy A4

- b. Identify and describe how personal choices and behavior impacts self and others A4.1.B
  - b. Demonstrate confidence in the ability to complete a range of tasks and address challenges while expressing positive attitudes towards self A4.2.B
  - b. Identify ways to respectfully advocate for academic and personal needs A4.3.B
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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

- b. Demonstrate strategies to express a range of emotions within the expectations of the setting B1.1.B
  - b. Describe possible outcomes associated with verbal and nonverbal expression of emotions in different settings B1.2.B
  - b. Apply strategies to regulate emotions and manage behaviors B1.3.B
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**B2. Set, monitor, adapt and evaluate goals to achieve success in school and life** B2

- b. Identify goals for academic success and personal growth B2.1.B
  - b. Identify school, family and community resources, with adult support, that may assist in achieving a goal B2.2.B
  - b. Plan steps needed to reach a short-term goal B2.3.B
  - b. Identify alternative strategies with guidance toward a specified goal B2.4.B
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**B3. Persevere through challenges and setbacks in school and life** B3

- b. Identify strategies for persevering through challenges and setbacks B3.1.B
  - b. Identify the cause of a challenge or setback and with assistance, develop a plan of action B3.2.B
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**Social Awareness** K-12.C

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

- b. Identify verbal and nonverbal cues representing feelings in others C1.1.B
  - b. Identify and acknowledge others' viewpoints, knowing that both sides do not have to agree but can still be respectful C1.2.B
  - b. Demonstrate empathetic reactions in response to others' feelings and emotions C1.3.B
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**C2. Demonstrate consideration for and contribute to the well-being of the school, community and world** C2

- b. Identify reasons for making positive contributions to the school and community C2.1.B
- b. Demonstrate citizenship in the classroom and school community C2.2.B
- b. Perform activities that contribute to classroom, school, home and broader community C2.3.B
- b. Identify areas of improvement for school or home and develop an action plan to address these areas C2.4.B

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

- b. Discuss positive and negative opinions people may have about other people or groups, even if they aren't always true C3.1.B
- b. Participate in cross-cultural activities and acknowledge that individual and group differences may complement each other C3.2.B
- b. Define and practice civility and respect virtually and in-person C3.3.B

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**C4. Read social cues and respond constructively** C4

- b. Identify others' reactions by tone of voice, body language and facial expressions C4.1.B
- b. Identify ways that norms differ among various families, cultures and social groups C4.2.B
- b. Recognize that individuals' needs for privacy and boundaries differ and respect those differences C4.3.B

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**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

- b. Apply active listening and effective communication skills to increase cooperation and relationships D1.1.B
- b. Demonstrate the ability to give and receive feedback in a respectful way D1.2.B
- b. Describe the positive and negative impact of communicating through social and digital media D1.3.B

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**D2. Develop and maintain positive relationships** D2

- b. Identify what creates a feeling of belonging in various relationships D2.1.B
- b. Demonstrate behaviors associated with inclusiveness in a variety of relationships D2.2.B
- b. Distinguish the helpful and harmful impact of peer pressure on self and others D2.3.B

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

- b. Identify and demonstrate personal behaviors to prevent conflict D3.1.B
  - b. Apply conflict resolution skills to manage disagreements and maintain personal safety D3.2.B
  - b. Generate ideas to reach a compromise and find resolution during conflict D3.3.B
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## Responsible Decision-Making K-12.E

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

- b. Generate possible solutions or responses to a problem or needed decision recognizing that there may be more than one perspective E1.1.B
  - b. Implement strategies to solve a problem E1.2.B
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### **E2. Identify potential outcomes to help make constructive decisions** E2

- b. Identify factors that can make it hard to make the best decisions at home or at school E2.1.B
  - b. Identify reliable sources of adult help in various settings E2.2.B
  - b. Predict possible future outcomes of personal actions in various settings E2.3.B
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### **E3. Consider the ethical and civic impact of decisions** E3

- b. Demonstrate the ability to respect the rights of self and others E3.1.B
  - b. Demonstrate safe practices to guide actions E3.2.B
  - b. Consider various perspectives and sources of information when participating in group decision-making E3.3.B
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### **E4. Explore and approach new situations with an open mind and curiosity while recognizing that some outcomes are not certain or comfortable** E4

- b. Explore new opportunities to expand one's knowledge and experiences E4.1.B
- b. Develop and practice strategies to appropriately respond in unfamiliar situations E4.2.B
- b. Practice the ability to manage transitions and adapt to changing situations and responsibilities in school and life E4.3.B