

Grades 6, 7, 8

Adopted 2019

Self-Awareness K-12.A

A1. Demonstrate an awareness of personal emotions A1

- c. Identify, recognize and name personal complex emotions A1.1.C
- c. Explain that emotions may vary based on the situation, including people and places A1.2.C
- c. Utilize appropriate time and place to safely process emotions, independently, with a trusted adult or with peers A1.3.C
- c. Explain how others' responses to current events can impact emotions A1.4.C

A2. Demonstrate awareness of personal interests and qualities, including strengths and challenges A2

- c. Describe how personal interests, qualities and strengths may help with decision making to accomplish personal goals A2.1.C
- c. Investigate a potential career path that builds on personal strengths and addresses challenges A2.2.C

A3. Demonstrate awareness of and willingness to seek help for self or others A3

- c. Seek appropriate support from a trusted adult when help is needed academically, socially or emotionally A3.1.C
- c. Develop and implement a plan of action, based on support or constructive feedback, that addresses challenges and builds on strengths A3.2.C
- c. Identify and utilize appropriate processes for reporting unsafe behaviors or situations for self and others A3.3.C

A4. Demonstrate a sense of personal responsibility, confidence and advocacy A4

- c. Describe how personal responsibility is linked to being accountable for one's choices and behavior A4.1.C
- c. Recognize the importance of confidently handling tasks and challenges, while reframing negative thoughts and engaging in positive self-talk A4.2.C
- c. Demonstrate basic self-advocacy academically and socially A4.3.C

Self-Management K-12.B

B1. Regulate emotions and behaviors by using thinking strategies that are consistent with brain development B1

- c. Describe the relationship between thoughts, emotions and behavior and apply strategies to regulate response B1.1.C

- c. Analyze positive and negative consequences of expressing emotions in different settings **B1.2.C**
 - c. Apply productive self-monitoring strategies to reframe thoughts and behaviors **B1.3.C**
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B2. Set, monitor, adapt and evaluate goals to achieve success in school and life **B2**

- c. Recognize the importance of short and long-term goals for success in school and life **B2.1.C**
 - c. Identify school, family and community resources that may assist in achieving a goal **B2.2.C**
 - c. Set a short-term school or life goal with action steps to achieve success **B2.3.C**
 - c. Monitor progress toward a specified goal by developing checkpoints and adjusting the plan or action steps as needed **B2.4.C**
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B3. Persevere through challenges and setbacks in school and life **B3**

- c. Utilize strategies for persevering through challenges and setbacks **B3.1.C**
 - c. Reframe a challenge or setback into an opportunity, with assistance **B3.2.C**
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Social Awareness **K-12.C**

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

- c. Determine if verbal and nonverbal cues correspond to the feelings expressed by others **C1.1.C**
 - c. Demonstrate respect across school, community, face-to-face and virtual settings, when viewpoints or perceptions differ **C1.2.C**
 - c. Demonstrate empathy through understanding of others' feelings and acknowledgement of their perspective **C1.3.C**
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C2. Demonstrate consideration for and contribute to the well-being of the school, community and world **C2**

- c. Explain the importance of civic mindedness **C2.1.C**
 - c. Pursue opportunities to contribute to school or the broader community **C2.2.C**
 - c. Explore a school or community need and generate possible solutions **C2.3.C**
 - c. Engage in an activity to improve school, home or community **C2.4.C**
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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**

- c. Discuss how positive or negative stereotypes of an individual or group can be unconscious and may lead to discrimination and prejudice **C3.1.C**
- c. Participate in cross-cultural activities and demonstrate respect for individuals from different social and cultural groups **C3.2.C**
- c. Demonstrate respect for human dignity virtually and in-person **C3.3.C**

C4. Read social cues and respond constructively C4

- c. Generate positive responses to various social situations C4.1.C
 - c. Recognize that social cues are based on rules and expectations and can change based upon context C4.2.C
 - c. Recognize that personal and group needs can differ and identify positive actions to balance the needs of all C4.3.C
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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

- c. Demonstrate the ability to actively listen and understand multiple perspectives D1.1.C
 - c. Offer and acknowledge constructive feedback to strengthen connections and improve communication outcomes with others D1.2.C
 - c. Interact on social and digital media responsibly and understand the potential impact on reputation and relationships D1.3.C
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D2. Develop and maintain positive relationships D2

- c. Participate in a healthy network of personal and school relationships D2.1.C
 - c. Demonstrate inclusiveness in relationship building D2.2.C
 - c. Utilize strategies to manage social pressures D2.3.C
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D3. Demonstrate the ability to prevent, manage and resolve interpersonal conflicts in constructive ways D3

- c. Recognize and acknowledge different perspectives of others to prevent conflict D3.1.C
 - c. Use a non-judgmental voice during conflict resolution to maintain safe relationships D3.2.C
 - c. Exchange ideas and negotiate solutions to resolve conflicts, seeking support when needed D3.3.C
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Responsible Decision-Making K-12.E**E1. Develop, implement and model effective decision and critical thinking skills** E1

- c. Demonstrate critical thinking skills when solving problems or making decisions, recognizing there may be more than one perspective E1.1.C
 - c. Gather evidence to support and solve academic and social challenges E1.2.C
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E2. Identify potential outcomes to help make constructive decisions E2

- c. Generate ideas for recognizing when something may be getting in the way of making a responsible decision and ways to possibly reduce or limit its influence E2.1.C
- c. Identify reliable sources of adult help in various settings and actively seek adults for support E2.2.C

- c. Utilize knowledge of outcomes to inform future decisions E2.3.C
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E3. Consider the ethical and civic impact of decisions E3

- c. Apply honesty, respect and compassion to the decision-making process E3.1.C
 - c. Demonstrate safe practices to guide actions for self and toward others E3.2.C
 - c. Research opportunities for participation in civic-minded activities that contribute to the larger community E3.3.C
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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

- c. Engage in new opportunities to expand one's knowledge and experiences E4.1.C
- c. Recognize that new opportunities or unfamiliar situations may require productive struggle E4.2.C
- c. Demonstrate ability to manage transitions and adapt to changing situations and responsibilities in school and life E4.3.C