Tennessee Social and Personal Competencies

# 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

### 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

### 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

### 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

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**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

**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

**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

**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

**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

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**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

**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

**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

**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

**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

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3 Understands bullying and how to respond to support the victim or targeted person/group 5A.3

**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