Tennessee Social and Personal Competencies

Grades K-2

Self-awareness 1

A Demonstrate an awareness of their emotions 1A

1 Recognizes and accurately names emotions/feelings 1A.1

2 Identifies and communicates an emotion/feelings 1A.2

3 Describes emotions and the situations that cause them 1A.3

B Demonstrate an awareness of their personal qualities and interests. 1B

1 Describes personal likes and dislikes 1B.1

2 Recognizes personal qualities and interests 1B.2

3 Identifies an interest as it relates to personal experiences 1B.3

4 Identifies and describes preferences 1B.4

C Demonstrate an awareness of their strengths and limitations. 1C

1 Identifies likes and dislikes 1C.1

2 Describes things one does well or the knowledge they have 1C.2

3 Describes an activity/task in which one may need help in order to improve 1C.3

D Demonstrate a sense of personal responsibility and advocacy. 1D

1 Understands and follows school-wide expectations for safe and productive learning 1D.1

2 Recognizes that there are positive and negative consequences of personal choices, behaviors, and actions 1D.2

3 Demonstrates responsible use and care of personal and others' belongings 1D.3

4 Identifies attitudes and behaviors that lead to successful learning 1D.4

5 Advocates for themselves by asking for help 1D.5

E Identify external and community resources and supports. 1E

1 Identifies at least one adult they trust 1E.1

2 Identifies situations in which they need to seek help from an adult 1E.2

3 Recognizes how and where to get help in an emergency situation 1E.3

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Understand and use strategies for managing their emotions and behaviors constructively. 2A

1 Identifies sources of common stress and demonstrates the ability to manage emotions 2A.1

2 Identifies and describes how emotions relate to thoughts and behaviors 2A.2

3 Describes and practices using words to share their emotions about an interaction or situation 2A.3

B Set, monitor, adapt, and evaluate their goals to achieve success in school and life. 2B

1 Identifies a short-term goal (wish, dream) 2B.1

2 Identifies the steps needed to accomplish a short-term goal 2B.2

3 Identifies people/resources needed to meet one's short-term goal 2B.3

4 Recognizes if a goal is under one's own control or someone else's 2B.4

5 Describes something they have accomplished 2B.5

Social Awareness 3

A Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues. 3A

1 Recognizes the emotions/feelings of others by using attention and/or listening skills to assess facial expressions, body language, and tone of voice 3A.1

2 Recognizes the effect of words and actions on others' emotions 3A.2

B Exhibit civic responsibility in multiple settings. 3B

1 Recognizes and names how others within their school, home, and community help them 3B.1

2 Identifies how to help others 3B.2

3 Expresses how it feels to help others 3B.3

C Show an understanding and appreciation for individual worth and differences. 3C

1 Describes characteristics of two people that are similar and different 3C.1

2 Name common traditions of a variety of world cultures. 3C.2

Relationship Skills 4

A Use positive communication and social skills to interact effectively with others. 4A

1 Develops and maintains friendships 4A.1

2 Uses positive communication and behaviors such as: 4A.2

1 taking turns, 4A.2.1

2 sharing with others, 4A.2.2

3 saying "please", "thank you," and/or "excuse me," 4A.2.3

4 using compliments to encourage others, and 4A.2.4

5 paying attention when others are talking 4A.2.5

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3 Effectively and appropriately communicates needs, wants, and ideas in a respectful manner 4A.3

B Develop and maintain positive relationships. 4B

1 Identifies multiple types of relationships they have with others 4B.1

2 Identifies and practices appropriate behaviors that maintain positive relationships 4B.2

3 Lists traits of a good friend 4B.3

4 Demonstrates the ability to make friends and sustain positive relationships 4B.4

C Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways. 4C

1 Begins to develop and practice the use of problem-solving and conflict resolution skills 4C.1

2 Recognizes that there are many ways to solve conflicts and practice solving problems using different methods, including using "I" messages 4C.2

3 Identifies and states feelings and problems when in a conflict situation 4C.3

4 Identifies interpersonal problems that need adult help to resolve, and appropriately asks for help 4C.4

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 Recognizes that one has choices in how to respond in a situation and that all choices have consequences 5A.1

2 Identifies and illustrates safe and unsafe situations 5A.2

3 Identifies the difference between a stranger, acquaintance, and friend 5A.3

B Develop, implement, and model effective decision-making skills to deal responsibility with academic and social situations. 5B

1 Implements stop, think, act, review strategies in solving problems 5B.1

2 Demonstrates appropriate social and classroom behavior 5B.2

3 Demonstrates constructive academic behaviors 5B.3