

# Grades K, 1, 2

Adopted 2019

## Self-Awareness K-12.A

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

- a. Identify basic personal emotions A1.1.A
  - a. Recognize emotions as natural and important A1.2.A
  - a. Identify appropriate time and place to safely process emotions, independently or with the guidance of a trusted adult A1.3.A
  - a. Recognize that current events can impact emotions A1.4.A
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### A2. Demonstrate awareness of personal interests and qualities, including strengths and challenges A2

- a. Identify personal interests and qualities A2.1.A
  - a. Explore opportunities to develop skills and talents A2.2.A
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### A3. Demonstrate awareness of and willingness to seek help for self or others A3

- a. Identify at least one trusted adult at school and in the community and know when and how to access them A3.1.A
  - a. Seek help when faced with challenges or when frustrated with a task, skill or situation A3.2.A
  - a. Describe situations or locations that feel safe A3.3.A
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### A4. Demonstrate a sense of personal responsibility, confidence and advocacy A4

- a. Describe the outcomes of both following and breaking rules A4.1.A
  - a. Demonstrate confidence in the ability to complete simple tasks and challenges independently, while expressing positive attitudes towards self A4.2.A
  - a. Identify ways to respectfully advocate for basic personal needs A4.3.A
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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

- a. Identify personal behaviors or reactions when experiencing basic emotions B1.1.A
  - a. Describe verbal and nonverbal ways to express emotions in different settings B1.2.A
  - a. Identify and begin to use strategies to regulate emotions and manage behaviors B1.3.A
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**B2. Set, monitor, adapt and evaluate goals to achieve success in school and life** B2

- a. Identify goals for classroom behavior and academic success B2.1.A
  - a. Identify how adults and peers can help with a goal B2.2.A
  - a. Describe what action steps can be taken to reach a short-term goal B2.3.A
  - a. Discuss obstacles that can get in the way of reaching a goal and ideas for handling those obstacles B2.4.A
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**B3. Persevere through challenges and setbacks in school and life** B3

- a. Describe a time when you kept trying in a challenging situation B3.1.A
  - a. Explain how practice improves performance of a skill and can help in overcoming a challenge or setback B3.2.A
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**Social Awareness** K-12.C

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

- a. Identify facial and body cues representing feelings in others C1.1.A
  - a. Identify words and actions that may support or hurt the feelings of others C1.2.A
  - a. Define empathy and identify empathetic reactions in others C1.3.A
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**C2. Demonstrate consideration for and contribute to the well-being of the school, community and world** C2

- a. Identify the purpose for having school-wide expectations and classroom rules C2.1.A
- a. Identify characteristics of positive citizenship in the classroom and school C2.2.A
- a. Perform activities that contribute to classroom, school and home, with adult involvement as needed C2.3.A
- a. Identify and participate in activities to improve school or home C2.4.A

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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

- a. Discuss how people can be the same or different C3.1.A
- a. Participate in cross-cultural activities and discuss differences, similarities and positive qualities across all cultures and groups C3.2.A
- a. Discuss the concept of, and practice, treating others the way you would want to be treated C3.3.A

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

- a. Recognize social cues in different settings C4.1.A
- a. Identify norms for various family and social situations C4.2.A
- a. Recognize others' personal space and boundaries C4.3.A

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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

- a. Identify and engage in positive communication skills D1.1.A
- a. Practice giving and receiving feedback in a respectful way D1.2.A
- a. Develop an awareness that people communicate through social and digital media D1.3.A

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

- a. Demonstrate an awareness of roles in various relationships D2.1.A
- a. Recognize the need for inclusiveness D2.2.A
- a. Recognize that people may influence each other with words or actions D2.3.A

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

- a. Identify common conflicts and describe possible causes D3.1.A
- a. Recognize that there are various ways to solve conflicts and utilize these techniques to practice solving problems D3.2.A
- a. Apply listening and attention skills to identify the feelings and perspectives of others D3.3.A

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**Responsible Decision-Making** K-12.E

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

- a. Identify a problem or needed decision and recognize that there may be multiple responses E1.1.A
- a. Identify strategies to solve a problem E1.2.A

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**E2. Identify potential outcomes to help make constructive decisions** E2

- a. Identify factors that can make it hard for a person to make the best decision in the classroom E2.1.A
- a. Identify reliable sources of adult help in the immediate setting E2.2.A
- a. Identify how personal choices will impact the outcome of a situation E2.3.A

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**E3. Consider the ethical and civic impact of decisions** E3

- a. Identify how certain actions can impact others E3.1.A
- a. Recognize safe practices and actions E3.2.A
- a. Recognize the need for group decisions that support a common goal E3.3.A

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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

- a. Recognize that new opportunities may have positive outcomes E4.1.A
- a. Identify physical and emotional responses to unfamiliar situations E4.2.A
- a. Identify examples of transitions and how they are a necessary and appropriate part of school and life E4.3.A