

Grade Band 5-6

Self-Awareness

SeA1:5-6a. I can differentiate among a variety of complex emotions. [SEA1:5-6A](#)

SeA1:5-6b. I can identify examples of how my positive and negative self-talk can impact my emotions. [SEA1:5-6B](#)

SeA1:5-6c. I can anticipate my emotions based on my body signals, events, and situations. [SEA1:5-6C](#)

SeA2:5-6a. I can analyze how my personal strengths give me confidence in multiple settings. [SEA2:5-6A](#)

SeA2:5-6b. I can identify actions I can take to overcome personal challenges. [SEA2:5-6B](#)

SeA2:5-6c. I can understand the relationship between my values and interests. [SEA2:5-6C](#)

SeA2:5-6d. I can develop an awareness of and comfort with my membership in multiple groups in society. [SEA2:5-6D](#)

Self-Management

SeM1:5-6a. I can identify the difference between healthy and unhealthy stress levels. [SEM1:5-6A](#)

SeM1:5-6b. I can proactively plan and apply a coping skill for handling a stressful situation that typically causes me to experience uncomfortable emotions. [SEM1:5-6B](#)

SeM1:5-6c. I can identify and utilize strategies for persevering through challenges and setbacks. [SEM1:5-6C](#)

SeM2:5-6a. I can identify the importance of setting academic goals for personal growth. [SEM2:5-6A](#)

SeM2:5-6b. I can plan, implement, and monitor progress towards reaching my goals. [SEM2:5-6B](#)

SeM2:5-6c. I can manage my time to help me achieve my goals. [SEM2:5-6C](#)

Social Awareness

SoA1:5-6a. I can empathize with others' thoughts, perspectives, and emotions. [SOA1:5-6A](#)

SoA1:5-6b. I can gain a broader understanding by asking questions and listening to those with different perspectives, backgrounds, and cultures. SOA1:5-6B

SoA1:5-6c. I can express gratitude for others, including those with different perspectives. SOA1:5-6C

SoA2:5-6a. I can identify when people are treated unfairly. SOA2:5-6A

SoA2:5-6b. I can explain how stereotypes can create bias. SOA2:5-6B

Relationship Skills

ReS1:5-6a. I can explain and demonstrate how positive communication skills help build and maintain healthy relationships. (Incorporate social media) RES1:5-6A

ReS1:5-6b. I can use active listening to successfully understand multiple perspectives. RES1:5-6B

ReS1:5-6c. I can outline and practice the use of conflict resolution skills with adult support. RES1:5-6C

ReS1:5-6d. I can demonstrate how I will navigate situations when I might feel pressured to go along with injustice. RES1:5-6D

ReS2:5-6a. I can independently perform different roles in a group setting. RES2:5-6A

ReS2:5-6b. I can self-assess my relationship building skills. RES2:5-6B

ReS2:5-6c. I can recognize how positive and negative peer pressure affect me. RES2:5-6C

ReS2:5-6d. I can demonstrate how to give and receive feedback in a constructive way. RES2:5-6D

Decision Making

DeM1:5-6a. I can determine what is within my control, what is outside of my control and what is within my influence when facing a problem. DEM1:5-6A

DeM1:5-6b. I can show curiosity about a social problem by asking questions and gathering evidence to identify potential solutions. DEM1:5-6B

DeM1:5-6c. I can identify the multiple outcomes that can result from my choices. DEM1:5-6C

DeM2:5-6a. I can describe my beliefs, values, and the multiple groups in society that help create my identity and inform my decision making process. DEM2:5-6A

DeM2:5-6b. I can explain how the perspectives of others should be considered when making decisions. DEM2:5-6B
