

## Caring Unit

This Standards Map summarizes each of the standards met by all lessons within this unit. All **Kindness in the Classroom®** lesson plans have been mapped to the five CASEL Core Social Emotional Learning (SEL) Competencies, the Centers for Disease Control and Prevention's National Health Education Standards (NHES), and the national Common Core State Standards for English Language Arts & Literacy and Mathematics. Utilization and adoption of these national standards and competencies vary by state. Teachers can use this resource to align their own state standards with each lesson.

### Lesson 1: My Happy Card

CASEL	NHES	Common Core
<b>Self-awareness</b> Identifying emotions Accurate self-perception	<b>Standard 4. Interpersonal communication</b> 4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.	<b>English Language Arts Standards Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.1.1 Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.1.1.A Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.1.1.B Build on others' talk in conversations by responding to the comments of others through multiple exchanges. CCSS.ELA-LITERACY.SL.1.1.C Ask questions to clear up any confusion about the topics and texts under discussion. CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media. CCSS.ELA-LITERACY.SL.1.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood. <b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.1.5 Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.
<b>Social awareness</b> Perspective-taking Respect for others	<b>Standard 7. Practicing healthy behaviors</b> 7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.	
<b>Relationship skills</b> Communication Social engagement Relationship-building		
<b>Responsible decision-making</b> Analyzing situations Reflecting		
		<b>Language</b> <b>Conventions of Standard English:</b> CCSS.ELA-LITERACY.L.1.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. <b>Vocabulary Acquisition and Use:</b> CCSS.ELA-LITERACY.L.1.5 With guidance and support from adults, demonstrate understanding of word relationships and nuances in word meanings.

## Lesson 2: Gratitude Chains

CASEL	NHES	Common Core
<b>Self-awareness</b> Identifying emotions	<b>Standard 4. Interpersonal communication</b> 4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.	<b>English Language Arts Standards Writing</b> <b>Research to Build and Present Knowledge:</b> CCSS.ELA-LITERACY.W.1.8 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
<b>Social awareness</b> Perspective-taking Empathy Appreciating diversity Respect for others	<b>Standard 7. Practicing healthy behaviors</b> 7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.	<b>Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.1.1 Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.1.1.A Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.1.1.B Build on others' talk in conversations by responding to the comments of others through multiple exchanges. CCSS.ELA-LITERACY.SL.1.1.C Ask questions to clear up any confusion about the topics and texts under discussion. CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media. CCSS.ELA-LITERACY.SL.1.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood. <b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.1.4 Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly. CCSS.ELA-LITERACY.SL.1.5 Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork		<b>Language</b> <b>Conventions of Standard English:</b> CCSS.ELA-LITERACY.L.1.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. CCSS.ELA-LITERACY.L.1.2 Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. <b>Vocabulary Acquisition and Use</b> CCSS.ELA-LITERACY.L.1.5 With guidance and support from adults, demonstrate understanding of word relationships and nuances in word meanings. CCSS.ELA-LITERACY.L.1.5.C Identify real-life connections between words and their use (e.g., note places at home that are cozy).
<b>Responsible decision-making</b> Analyzing situations Reflecting		

## Lesson 3: A Bowl of Compassion

CASEL	NHES	Common Core
<b>Self-awareness</b> Identifying emotions	<b>Standard 1. Understanding concepts</b> 1.2.1 - Identify that healthy behaviors impact personal health. 1.2.2 - Recognize that there are multiple dimensions of health.	<b>English Language Arts Standards</b> <b>Reading: Literature</b> <b>Key Ideas and Details:</b> CCSS.ELA-LITERACY.RL.1.1 Ask and answer questions about key details in a text. <b>Craft and Structure:</b> CCSS.ELA-LITERACY.RL.1.4 Identify words and phrases in stories or poems that suggest feelings or appeal to the senses. <b>Integration of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.RL.1.7 Use illustrations and details in a story to describe its characters, setting, or events.
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork	<b>Standard 4. Interpersonal communication</b> 4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.	<b>Reading: Informational Text</b> <b>Key Ideas and Details:</b> CCSS.ELA-LITERACY.RI.1.1 Ask and answer questions about key details in a text.
<b>Responsible decision-making</b> Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility	<b>Standard 5. Decision-making</b> 5.2.2 - Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	<b>Reading: Foundational Skills</b> <b>Fluency:</b> CCSS.ELA-LITERACY.RF.1.4.A Read grade-level text with purpose and understanding.
	<b>Standard 7. Practicing healthy behaviors</b> 7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.	<b>Writing</b> <b>Research to Build and Present Knowledge:</b> CCSS.ELA-LITERACY.W.1.8 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
		<b>Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.1.1 Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.1.1.A Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.1.1.B Build on others' talk in conversations by responding to the comments of others through multiple exchanges. CCSS.ELA-LITERACY.SL.1.1.C Ask questions to clear up any confusion about the topics and texts under discussion. CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media. CCSS.ELA-LITERACY.SL.1.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.

**Presentation of Knowledge and Ideas:**

CCSS.ELA-LITERACY.SL.1.4

Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.

CCSS.ELA-LITERACY.SL.1.5

Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.

**Language**

**Conventions of Standard English:**

CCSS.ELA-LITERACY.L.1.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

**Vocabulary Acquisition and Use:**

CCSS.ELA-LITERACY.L.1.5

With guidance and support from adults, demonstrate understanding of word relationships and nuances in word meanings.

## Lesson 4: Graphing with Empathy

CASEL	NHES	Common Core
<b>Self-awareness</b> Identifying emotions	<b>Standard 1. Understanding concepts</b> 1.2.1 - Identify that healthy behaviors impact personal health. 1.2.2 - Recognize that there are multiple dimensions of health.	<b>English Language Arts Standards Writing</b> <b>Research to Build and Present Knowledge:</b> CCSS.ELA-LITERACY.W.1.8 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
<b>Social awareness</b> Perspective-taking Empathy Appreciating diversity Respect for others	<b>Standard 4. Interpersonal communication</b> 4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.	<b>Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.1 Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.1.A Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.1.B Build on others' talk in conversations by responding to the comments of others through multiple exchanges. CCSS.ELA-LITERACY.SL.1.C Ask questions to clear up any confusion about the topics and texts under discussion. CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media. CCSS.ELA-LITERACY.SL.1.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood. <b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.1.4 Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly. CCSS.ELA-LITERACY.SL.1.5 Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork		<b>Language</b> <b>Conventions of Standard English:</b> CCSS.ELA-LITERACY.L.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. <b>Vocabulary Acquisition and Use</b> CCSS.ELA-LITERACY.L.1.5 With guidance and support from adults, demonstrate understanding of word relationships and nuances in word meanings. CCSS.ELA-LITERACY.L.1.5.C Identify real-life connections between words and their use (e.g., note places at home that are cozy).
<b>Responsible decision-making</b> Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility		<b>Standards for Mathematical Practice</b> <b>Measurement &amp; Data</b> <b>Represent and interpret data.</b> CCSS.Math.Content.1.MD.C.4 Organize, represent, and interpret data with up to three categories; ask and answer questions about the total number of data points, how many in each category, and how many more or less are in one category than in another.

### RANDOM ACTS OF KINDNESS FOUNDATION®



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>