

Courage 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 Kindness Treasure Box

CASEL	NHES	Common Core
Self-awareness Identifying emotions Accurate self-perception Recognizing strengths Self-confidence Self-efficacy	Standard 1. Understanding concepts 1.2.1 - Identify that healthy behaviors impact personal health.	English Language Arts Standards Reading: Foundational Skills Print Concepts: CCSS.ELA-LITERACY.RF.1.1 Demonstrate understanding of the organization and basic features of print. Phonics and Word Recognition: CCSS.ELA-LITERACY.RF.1.3 Know and apply grade-level phonics and word analysis skills in decoding words. Fluency: CCSS.ELA-LITERACY.RF.1.4 Read with sufficient accuracy and fluency to support comprehension.
Self-management Impulse control Self-discipline	Standard 4. Interpersonal communication 4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.	Writing Research to Build and Present Knowledge: 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.
Social awareness Perspective-taking Respect for others	Standard 7. Practicing healthy behaviors 7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.	Speaking & Listening Comprehension and Collaboration: 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:
Relationship skills Communication Social engagement		
Responsible decision-making Identifying problems Analyzing situations Reflecting Ethical responsibility		

CCSS.ELA-LITERACY.SL.1.4

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

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.

CCSS.ELA-LITERACY.L.1.1.J

Produce and expand complete simple and compound declarative, interrogative, imperative, and exclamatory sentences in response to prompts.

CCSS.ELA-LITERACY.L.1.2

Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

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.

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).

Lesson 2: Catch the Kindness

CASEL	NHES	Common Core
Self-awareness Identifying emotions Accurate self-perception Recognizing strengths	Standard 4. Interpersonal communication 4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.	English Language Arts Standards Reading: Foundational Skills Print Concepts: CCSS.ELA-LITERACY.RF.1.1 Demonstrate understanding of the organization and basic features of print. Phonics and Word Recognition: CCSS.ELA-LITERACY.RF.1.3 Know and apply grade-level phonics and word analysis skills in decoding words. Fluency: CCSS.ELA-LITERACY.RF.1.4 Read with sufficient accuracy and fluency to support comprehension.
Relationship skills Communication Social engagement Relationship-building Teamwork		Speaking & Listening Comprehension and Collaboration: 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. Presentation of Knowledge and Ideas: CCSS.ELA-LITERACY.SL.4 Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.
Responsible decision-making Analyzing situations Reflecting		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. CCSS.ELA-LITERACY.L.1.5.A Sort words into categories (e.g., colors, clothing) to gain a sense of the concepts the categories represent. 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).

Lesson 3: Safety First!

CASEL	NHES	Common Core
Self-awareness Identifying emotions Accurate self-perception Recognizing strengths	Standard 1. Understanding concepts 1.2.1 - Identify that healthy behaviors impact personal health.	English Language Arts Standards Reading: Literature Key Ideas and Details: CCSS.ELA-LITERACY.RL.1.1 Ask and answer questions about key details in a text. CCSS.ELA-LITERACY.RL.1.3 Describe characters, settings, and major events in a story, using key details Craft and Structure: CCSS.ELA-LITERACY.RL.1.4 Identify words and phrases in stories or poems that suggest feelings or appeal to the senses. Integration of Knowledge and Ideas: CCSS.ELA-LITERACY.RL.1.7 Use illustrations and details in a story to describe its characters, setting, or events.
Social awareness Perspective-taking Empathy Appreciating diversity Respect for others	Standard 4. Interpersonal communication 4.2.3 - Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. 4.2.4 - Demonstrate ways to tell a trusted adult if threatened or harmed.	
Relationship skills Communication Social engagement Relationship-building Teamwork	Standard 7. Practicing healthy behaviors 7.2.2 - Demonstrate behaviors that avoid or reduce health risks.	
Responsible decision-making Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility		Writing Research to Build and Present Knowledge: 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.
		Speaking & Listening Comprehension and Collaboration: 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.

CCSS.ELA-LITERACY.L.1.2

Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

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.

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).

Lesson 4: Random Acts of Kindness Chalk Surprises

CASEL	NHES	Common Core
Self-awareness Identifying emotions Accurate self-perception Recognizing strengths Self-confidence	Standard 1. Understanding concepts 1.2.1 - Identify that healthy behaviors impact personal health.	English Language Arts Standards Reading: Literature Key Ideas and Details: CCSS.ELA-LITERACY.RL.1.1 Ask and answer questions about key details in a text. CCSS.ELA-LITERACY.RL.1.3 Craft and Structure: CCSS.ELA-LITERACY.RL.1.4 Identify words and phrases in stories or poems that suggest feelings or appeal to the senses. Integration of Knowledge and Ideas: CCSS.ELA-LITERACY.RL.1.7 Use illustrations and details in a story to describe its characters, setting, or events.
Social awareness Perspective-taking Empathy Appreciating diversity Respect for others	Standard 7. Practicing healthy behaviors 7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.	
Relationship skills Communication Social engagement Relationship-building Teamwork		Speaking & Listening Comprehension and Collaboration: 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.
Responsible decision-making Solving problems Reflecting Ethical responsibility		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. CCSS.ELA-LITERACY.L.1.2 Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. 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.



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/>