

# 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: I Believe in Super ME!

CASEL	NHES	Common Core
<b>Self-awareness</b> Identifying emotions Accurate self-perception Recognizing strengths Self-confidence Self-efficacy	<b>Standard 4. Interpersonal communication</b> 4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.	<b>English Language Arts Standards</b> <b>Reading: Foundational Skills</b> <b>Fluency:</b> CCSS.ELA-LITERACY.RF.2.4.A Read grade-level text with purpose and understanding.
<b>Self-management</b> Impulse control Self-discipline Self-motivation Goal-setting	<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.2.8 Recall information from experiences or gather information from provided sources to answer a question.
<b>Social awareness</b> Perspective-taking Respect for others		<b>Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.2.1 Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.2.1.A Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.2.1.B Build on others' talk in conversations by linking their comments to the remarks of others. CCSS.ELA-LITERACY.SL.2.1.C Ask for clarification and further explanation as needed about the topics and texts under discussion. CCSS.ELA-LITERACY.SL.2.2 Recount or describe key ideas or details from a text read aloud or information presented orally or through other media. CCSS.ELA-LITERACY.SL.2.3 Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue. <b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.2.4 Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.
<b>Responsible decision-making</b> Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility		

**Language****Conventions of Standard English:**

CCSS.ELA-LITERACY.L.2.1

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

CCSS.ELA-LITERACY.L.2.2

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

**Knowledge of Language:**

CCSS.ELA-LITERACY.L.2.3

Use knowledge of language and its conventions when writing, speaking, reading, or listening.

**Vocabulary Acquisition and Use:**

CCSS.ELA-LITERACY.L.2.5

Demonstrate understanding of word relationships and nuances in word meanings.

CCSS.ELA-LITERACY.L.2.5.A

Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy).

## Lesson 2: Soft vs. Rough

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</b> <b>Reading: Foundational Skills</b> <b>Fluency:</b> CCSS.ELA-LITERACY.RF.2.4.A Read grade-level text with purpose and understanding.
<b>Self-management</b> Impulse control Self-discipline Self-motivation	<b>Standard 5. Decision-making</b> 5.2.1 - Identify situations when a health-related decision is needed.	<b>Writing</b> <b>Research to Build and Present Knowledge:</b> CCSS.ELA-LITERACY.W.2.8 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.2.1 Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.2.1.A Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.2.1.B Build on others' talk in conversations by linking their comments to the remarks of others. CCSS.ELA-LITERACY.SL.2.1.C Ask for clarification and further explanation as needed about the topics and texts under discussion. CCSS.ELA-LITERACY.SL.2.2 Recount or describe key ideas or details from a text read aloud or information presented orally or through other media. CCSS.ELA-LITERACY.SL.2.3 Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue. <b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.2.4 Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork		
<b>Responsible decision-making</b> Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility		<b>Language</b> <b>Conventions of Standard English:</b> CCSS.ELA-LITERACY.L.2.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. CCSS.ELA-LITERACY.L.2.2 Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. <b>Knowledge of Language:</b> CCSS.ELA-LITERACY.L.2.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. <b>Vocabulary Acquisition and Use:</b> CCSS.ELA-LITERACY.L.2.5 Demonstrate understanding of word relationships and nuances in word meanings. CCSS.ELA-LITERACY.L.2.5.A Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy).

### RANDOM ACTS OF KINDNESS FOUNDATION®

## Lesson 3: Kindness Posters

CASEL	NHES	Common Core
<b>Self-awareness</b> Self-confidence Self-efficacy	<b>Standard 1. Understanding concepts</b> 1.2.2 - Recognize that there are multiple dimensions of health.	<b>English Language Arts Standards</b> <b>Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.2.1 Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.2.1.A Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.2.1.B Build on others' talk in conversations by linking their comments to the remarks of others. CCSS.ELA-LITERACY.SL.2.1.C Ask for clarification and further explanation as needed about the topics and texts under discussion. CCSS.ELA-LITERACY.SL.2.3 Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.
<b>Self-management</b> Self-discipline Self-motivation Goal-setting Organizational skills		
<b>Social awareness</b> Perspective-taking Empathy Respect for others		
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork		
<b>Responsible decision-making</b> Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility		<b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.2.4 Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.
		<b>Language</b> <b>Conventions of Standard English:</b> CCSS.ELA-LITERACY.L.2.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. <b>Knowledge of Language:</b> CCSS.ELA-LITERACY.L.2.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. <b>Vocabulary Acquisition and Use:</b> CCSS.ELA-LITERACY.L.2.5 Demonstrate understanding of word relationships and nuances in word meanings. CCSS.ELA-LITERACY.L.2.5.A Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy).

## Lesson 4: Random Acts of Kindness: Desk Notes

CASEL	NHES	Common Core
<b>Self-awareness</b> Self-confidence Self-efficacy	<b>Standard 1. Understanding concepts</b> 1.2.2 - Recognize that there are multiple dimensions of health.	<b>English Language Arts Standards Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.2.1 Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.2.1.A Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.2.1.B Build on others' talk in conversations by linking their comments to the remarks of others. CCSS.ELA-LITERACY.SL.2.1.C Ask for clarification and further explanation as needed about the topics and texts under discussion. CCSS.ELA-LITERACY.SL.2.2 Recount or describe key ideas or details from a text read aloud or information presented orally or through other media. CCSS.ELA-LITERACY.SL.2.3 Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.
<b>Self-management</b> Self-discipline Self-motivation	<b>Standard 7. Practicing healthy behaviors</b> 7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.	<b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.2.4 Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.
<b>Social awareness</b> Perspective-taking Empathy Appreciating diversity Respect for others		<b>Language</b> <b>Conventions of Standard English:</b> CCSS.ELA-LITERACY.L.2.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. CCSS.ELA-LITERACY.L.2.2 Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. <b>Knowledge of Language:</b> CCSS.ELA-LITERACY.L.2.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. <b>Vocabulary Acquisition and Use:</b> CCSS.ELA-LITERACY.L.2.5 Demonstrate understanding of word relationships and nuances in word meanings. CCSS.ELA-LITERACY.L.2.5.A Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy).
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork		
<b>Responsible decision-making</b> Reflecting Ethical responsibility		



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/>