

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

Self-awareness

Identifying emotions
Accurate self-perception
Recognizing strengths
Self-confidence
Self-efficacy

Self-management

Impulse control
Self-discipline
Self-motivation
Goal-setting

Social awareness

Perspective-taking
Respect for others

Responsible decision-making

Identifying problems
Analyzing situations
Solving problems
Evaluating
Reflecting
Ethical responsibility

NHES

Standard 4. Interpersonal communication

4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.

Standard 7. Practicing healthy behaviors

7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.

Common Core

English Language Arts Standards

Reading: Foundational Skills

Fluency:

CCSS.ELA-LITERACY.RF.2.4.A

Read grade-level text with purpose and understanding.

Writing

Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Speaking & Listening

Comprehension and Collaboration:

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.

Presentation of Knowledge and Ideas:

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.

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

Self-awareness

Identifying emotions
Accurate self-perception

Self-management

Impulse control
Self-discipline
Self-motivation

Social awareness

Perspective-taking
Empathy
Appreciating diversity
Respect for others

Relationship skills

Communication
Social engagement
Relationship-building
Teamwork

Responsible decision-making

Identifying problems
Analyzing situations
Solving problems
Evaluating
Reflecting
Ethical responsibility

NHES

Standard 4. Interpersonal communication

4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.

Standard 5. Decision-making

5.2.1 - Identify situations when a health-related decision is needed.

Standard 7. Practicing healthy behaviors

7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.

Common Core

English Language Arts Standards

Reading: Foundational Skills

Fluency:

CCSS.ELA-LITERACY.RF.2.4.A

Read grade-level text with purpose and understanding.

Writing

Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Speaking & Listening

Comprehension and Collaboration:

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Knowledge of Language:

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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 3: Kindness Posters

CASEL

Self-awareness

Self-confidence
Self-efficacy

Self-management

Self-discipline
Self-motivation
Goal-setting
Organizational skills

Social awareness

Perspective-taking
Empathy
Respect for others

Relationship skills

Communication
Social engagement
Relationship-building
Teamwork

Responsible decision-making

Identifying problems
Analyzing situations
Solving problems
Evaluating
Reflecting
Ethical responsibility

NHES

Standard 1. Understanding concepts

1.2.2 - Recognize that there are multiple dimensions of health.

Common Core

English Language Arts Standards

Speaking & Listening

Comprehension and Collaboration:

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.

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Lesson 4: Random Acts of Kindness: Desk Notes

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Self-efficacy

Self-management

Self-discipline
Self-motivation

Social awareness

Perspective-taking
Empathy
Appreciating diversity
Respect for others

Relationship skills

Communication
Social engagement
Relationship-building
Teamwork

Responsible decision-making

Reflecting
Ethical responsibility

NHES

Standard 1. Understanding concepts

1.2.2 - Recognize that there are multiple dimensions of health.

Standard 7. Practicing healthy behaviors

7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.

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English Language Arts Standards

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Comprehension and Collaboration:

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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/>