

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: Circle of Control

CASEL	NHES	Common Core
Self-awareness Identifying emotions Accurate self-perception Recognizing strengths Self-confidence	Standard 1. Understanding concepts 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.	English Language Arts Standards Speaking and Listening Comprehension and Collaboration: CCSS.ELA-LITERACY.SL.5.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly. CCSS.ELA-LITERACY.SL.5.1.B Follow agreed-upon rules for discussions and carry out assigned roles. CCSS.ELA-LITERACY.SL.5.1.C Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others. CCSS.ELA-LITERACY.SL.5.1.D Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions.
Self-management Impulse control Self-discipline Self-motivation	Standard 2. Analyzing influences 2.5.3 - Identify how peers can influence healthy and unhealthy behaviors.	
Social awareness Perspective-taking Empathy Appreciating diversity Respect for others	Standard 4. Interpersonal communication 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.	
Relationship skills Communication Social engagement Relationship-building	Standard 8. Advocating 8.5.1 - Express opinions and give accurate information about health issues.	Language Conventions of Standard English: CCSS.ELA-LITERACY.L.5.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. Knowledge of Language: CCSS.ELA-LITERACY.L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. Vocabulary Acquisition and Use: CCSS.ELA-LITERACY.L.5.5 Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.
Responsible decision-making Analyzing situations Evaluating Reflecting Ethical responsibility		

Lesson 2: Word Clouds of Care

CASEL	NHES	Common Core
Self-awareness Identifying emotions Accurate self-perception	Standard 1. Understanding concepts 1.5.1 - Describe the relationship between healthy behaviors and personal health. 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.	English Language Arts Standards Writing Text Types and Purposes: CCSS.ELA-LITERACY.W.5.2 Write informative/explanatory texts to examine a topic and convey ideas and information clearly. CCSS.ELA-LITERACY.W.5.3 Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.
Self-management Impulse control Self-discipline Self-motivation		
Social awareness Perspective-taking Empathy Respect for others	Standard 4. Interpersonal communication 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.	Speaking and Listening Comprehension and Collaboration: CCSS.ELA-LITERACY.SL.5.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly. CCSS.ELA-LITERACY.SL.5.1.B Follow agreed-upon rules for discussions and carry out assigned roles. CCSS.ELA-LITERACY.SL.5.1.C Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others. CCSS.ELA-LITERACY.SL.5.1.D Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions.
Relationship skills Communication Social engagement Relationship-building	Standard 7. Practicing healthy behaviors 7.5.1 - Identify responsible personal health behaviors. 7.5.2 - Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	
Responsible decision-making Analyzing situations Evaluating Reflecting Ethical responsibility		Language Conventions of Standard English: CCSS.ELA-LITERACY.L.5.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. CCSS.ELA-LITERACY.L.5.2 Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. Knowledge of Language: CCSS.ELA-LITERACY.L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. Vocabulary Acquisition and Use: CCSS.ELA-LITERACY.L.5.5 Demonstrate understanding of figurative language, word relationships, and nuances in word meanings. CCSS.ELA-LITERACY.L.5.5.C Use the relationship between particular words (e.g., synonyms, antonyms, homographs) to better understand each of the words.

Lesson 3: Making a Sincere Apology

CASEL	NHES	Common Core
Self-management Impulse control Self-discipline Self-motivation	Standard 1. Understanding concepts 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.	English Language Arts Standards Speaking and Listening Comprehension and Collaboration: CCSS.ELA-LITERACY.SL.5.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly. CCSS.ELA-LITERACY.SL.5.1.B Follow agreed-upon rules for discussions and carry out assigned roles. CCSS.ELA-LITERACY.SL.5.1.C Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others. CCSS.ELA-LITERACY.SL.5.1.D Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions.
Social awareness Perspective-taking Empathy Appreciating diversity Respect for others	Standard 4. Interpersonal communication 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.	
Relationship skills Communication Social engagement Relationship-building Teamwork	Standard 7. Practicing healthy behaviors 7.5.1 - Identify responsible personal health behaviors. 7.5.2 - Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	
Responsible decision-making Analyzing situations Evaluating Reflecting Ethical responsibility		Language Conventions of Standard English: CCSS.ELA-LITERACY.L.5.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. Knowledge of Language: CCSS.ELA-LITERACY.L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. Vocabulary Acquisition and Use: CCSS.ELA-LITERACY.L.5.5 Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.

Lesson 4: Steps to Forgiveness

CASEL	NHES	Common Core
Self-awareness Identifying emotions Accurate self-perception	Standard 1. Understanding concepts 1.5.1 - Describe the relationship between healthy behaviors and personal health. 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.	English Language Arts Standards Writing Text Types and Purposes: CCSS.ELA-LITERACY.W.5.2 Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
Self-management Impulse control Self-discipline Self-motivation		Speaking and Listening Comprehension and Collaboration: CCSS.ELA-LITERACY.SL.5.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly. CCSS.ELA-LITERACY.SL.5.1.B Follow agreed-upon rules for discussions and carry out assigned roles. CCSS.ELA-LITERACY.SL.5.1.D Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions.
Social awareness Perspective-taking Empathy Appreciating diversity Respect for others	Standard 4. Interpersonal communication 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.	Language Conventions of Standard English: CCSS.ELA-LITERACY.L.5.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. CCSS.ELA-LITERACY.L.5.2 Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.
Relationship skills Communication Social engagement Relationship-building	Standard 7. Practicing healthy behaviors 7.5.1 - Identify responsible personal health behaviors. 7.5.2 - Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	Knowledge of Language: CCSS.ELA-LITERACY.L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. Vocabulary Acquisition and Use: CCSS.ELA-LITERACY.L.5.5 Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.
Responsible decision-making Analyzing situations Evaluating 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/>