

# 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: Affirmation Mobile

CASEL	NHES	Common Core
<b>Self-awareness</b> Identifying emotions Accurate self-perception Recognizing strengths Self-confidence	<b>Standard 1. Understanding concepts</b> 1.2.1- Identify that healthy behaviors impact personal health.	<b>English Language Arts Standards</b> <b>Reading: Foundational Skills</b> <b>Print Concepts:</b> CCSS.ELA-LITERACY.RF.K.1 Demonstrate understanding of the organization and basic features of print. <b>Phonics and Word Recognition:</b> CCSS.ELA-LITERACY.RF.1.3 Know and apply grade-level phonics and word analysis skills in decoding words.
<b>Self-management</b> Impulse control	<b>Standard 4. Interpersonal communication</b> 4.2.1- Demonstrate healthy ways to express needs, wants, and feelings.	<b>Writing</b> <b>Text Types and Purposes:</b> CCSS.ELA-LITERACY.W.K.1 Use a combination of drawing, dictating, and writing to compose opinion pieces in which they tell a reader the topic or the name of the book they are writing about and state an opinion or preference about the topic or book (e.g., My favorite book is...). CCSS.ELA-LITERACY.W.K.2 Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.
<b>Social awareness</b> Respect for others		
<b>Responsible decision-making</b> Analyzing situations Ethical responsibility	<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.K.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.K.1.A Follow agreed-upon rules for discussions (e.g., listening to others and taking turns speaking about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.K.1.B Continue a conversation through multiple exchanges. CCSS.ELA-LITERACY.SL.K.2 Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood. CCSS.ELA-LITERACY.SL.K.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood. <b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.K.5 Add drawings or other visual displays to descriptions as desired to provide additional detail. CCSS.ELA-LITERACY.SL.K.6

## RANDOM ACTS OF KINDNESS FOUNDATION®

Speak audibly and express thoughts, feelings, and ideas clearly.

**Language**

**Conventions of Standard English:**

CCSS.ELA-LITERACY.L.K.1

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

CCSS.ELA-LITERACY.L.K.2

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

**Vocabulary Acquisition and Use:**

CCSS.ELA-LITERACY.L.K.5.C

Identify real-life connections between words and their use (e.g., note places at school that are colorful).

CCSS.ELA-LITERACY.L.K.6

Use words and phrases acquired through conversations, reading and being read to, and responding to texts.

## Lesson 2: Kindness Mail

CASEL	NHES	Common Core
<b>Self-awareness</b> Identifying emotions	<b>Standard 7. Practicing healthy behaviors</b> 7.2.1- Demonstrate healthy practices and behaviors to maintain or improve personal health.	<b>English Language Arts Standards</b> <b>Reading: Literature</b> <b>Key Ideas and Details:</b> CCSS.ELA-LITERACY.RL.K.1 With prompting and support, ask and answer questions about key details in a text. CCSS.ELA-LITERACY.RL.K.3 With prompting and support, identify characters, settings, and major events in a story.
<b>Social awareness</b> Perspective-taking Empathy Respect for others		
<b>Relationship skills</b> Communication Social engagement Relationship-building		<b>Reading: Foundational Skills</b> <b>Print Concepts:</b> CCSS.ELA-LITERACY.RF.K.1 Demonstrate understanding of the organization and basic features of print.

**Writing**  
**Text Types and Purposes:**  
CCSS.ELA-LITERACY.W.K.1  
Use a combination of drawing, dictating, and writing to compose opinion pieces in which they tell a reader the topic or the name of the book they are writing about and state an opinion or preference about the topic or book (e.g., My favorite book is...).  
CCSS.ELA-LITERACY.W.K.2  
Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.

**Speaking & Listening**  
**Comprehension and Collaboration:**  
CCSS.ELA-LITERACY.SL.K.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.  
CCSS.ELA-LITERACY.SL.K.1.A Follow agreed-upon rules for discussions (e.g., listening to others and taking turns speaking about the topics and texts under discussion).  
CCSS.ELA-LITERACY.SL.K.1.B Continue a conversation through multiple exchanges.  
CCSS.ELA-LITERACY.SL.K.2 Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.  
CCSS.ELA-LITERACY.SL.K.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood.  
**Presentation of Knowledge and Ideas:**  
CCSS.ELA-LITERACY.SL.K.5 Add drawings or other visual displays to descriptions as desired to provide additional detail.  
CCSS.ELA-LITERACY.SL.K.6 Speak audibly and express thoughts, feelings, and ideas clearly.

**Language**  
**Conventions of Standard English:**  
CCSS.ELA-LITERACY.L.K.1  
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.  
CCSS.ELA-LITERACY.L.K.2

### RANDOM ACTS OF KINDNESS FOUNDATION®

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

**Vocabulary Acquisition and Use:**

CCSS.ELA-LITERACY.L.K.5.C

Identify real-life connections between words and their use (e.g., note places at school that are colorful).

CCSS.ELA-LITERACY.L.K.6

Use words and phrases acquired through conversations, reading and being read to, and responding to texts.

## Lesson 3: Kind or Trash?

CASEL	NHES	Common Core
<b>Self-awareness</b> Recognizing strengths Self-confidence	<b>Standard 1. Understanding concepts</b> 1.2.2 - Recognize that there are multiple dimensions of health.	<b>English Language Arts Standards Writing</b> <b>Text Types and Purposes:</b> CCSS.ELA-LITERACY.W.K.2 Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.
<b>Social awareness</b> Respect for others	<b>Standard 8. Advocating</b> 8.2.2 - Encourage peers to make positive health choices.	
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork		<b>Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.K.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.K.1.A Follow agreed-upon rules for discussions (e.g., listening to others and taking turns speaking about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.K.1.B Continue a conversation through multiple exchanges. CCSS.ELA-LITERACY.SL.K.2 Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood. CCSS.ELA-LITERACY.SL.K.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood <b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.K.4 Describe familiar people, places, things, and events and, with prompting and support, provide additional detail. CCSS.ELA-LITERACY.SL.K.5 Add drawings or other visual displays to descriptions as desired to provide additional detail. CCSS.ELA-LITERACY.SL.K.6 Speak audibly and express thoughts, feelings, and ideas clearly.
<b>Responsible decision-making</b> Ethical responsibility		<b>Language</b> <b>Conventions of Standard English:</b> CCSS.ELA-LITERACY.L.K.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. CCSS.ELA-LITERACY.L.K.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.K.5.C Identify real-life connections between words and their use (e.g., note places at school that are colorful). CCSS.ELA-LITERACY.L.K.6 Use words and phrases acquired through conversations, reading and being read to, and responding to texts.

## Lesson 4: Random Acts of Kindness Bookmarks

CASEL	NHES	Common Core
<b>Self-management</b> Self-motivation	<b>Standard 1. Understanding concepts</b> 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.K.1 With prompting and support, ask and answer questions about key details in a text.
<b>Social awareness</b> Respect for others		<b>Craft and Structure:</b> CCSS.ELA-LITERACY.RL.K.4 Ask and answer questions about unknown words in a text.
<b>Relationship Skills</b> Social engagement	<b>Standard 8. Advocating</b> 8.2.2 - Encourage peers to make positive health choices.	<b>Range of Reading and Level of Text Complexity:</b> CCSS.ELA-LITERACY.RL.K.10 Actively engage in group reading activities with purpose and understanding.
<b>Responsible decision-making</b> Ethical responsibility		<b>Reading: Foundational Skills</b> <b>Print Concepts:</b> CCSS.ELA-LITERACY.RF.K.1.B Recognize that spoken words are represented in written language by specific sequences of letters.
		<b>Speaking &amp; Listening</b> <b>Comprehension and Collaboration:</b> CCSS.ELA-LITERACY.SL.K.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups. CCSS.ELA-LITERACY.SL.K.1.A Follow agreed-upon rules for discussions (e.g., listening to others and taking turns speaking about the topics and texts under discussion). CCSS.ELA-LITERACY.SL.K.1.B Continue a conversation through multiple exchanges. CCSS.ELA-LITERACY.SL.K.2 Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood. CCSS.ELA-LITERACY.SL.K.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood <b>Presentation of Knowledge and Ideas:</b> CCSS.ELA-LITERACY.SL.K.5 Add drawings or other visual displays to descriptions as desired to provide additional detail. CCSS.ELA-LITERACY.SL.K.6 Speak audibly and express thoughts, feelings, and ideas clearly.
		<b>Language</b> <b>Vocabulary Acquisition and Use:</b> CCSS.ELA-LITERACY.L.K.5.C Identify real-life connections between words and their use (e.g., note places at school that are colorful). CCSS.ELA-LITERACY.L.K.6 Use words and phrases acquired through conversations, reading and being read to, and responding to texts.



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/>