

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: Personal Jar of Encouragement

CASEL	NHES	Common Core
Self-awareness Identifying emotions Accurate self-perception Recognizing strengths Self-confidence Self-efficacy Social awareness Perspective-taking Empathy Relationship skills Communication Social engagement Relationship-building Teamwork Responsible decision-making Analyzing situations Solving problems Evaluating Reflecting	Standard 1. Understanding concepts 1.5.2 - Identify examples of emotional, intellectual, physical, and social health. Standard 4. Interpersonal communication 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health. Standard 5. Decision-making 5.5.1 - Identify health-related situations that might require a thoughtful decision. Standard 6. Goal-setting 6.5.2 - Identify resources to assist in achieving a personal health goal. Standard 8. Advocating 8.5.2 - Encourage others to make positive health choices.	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. 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. 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.

Lesson 2: Come Back with Courage: Role Play

CASEL

Self-management

Impulse control
Self-discipline
Self-motivation

Social awareness

Perspective-taking

Relationship skills

Communication
Social engagement
Relationship-building
Teamwork

Responsible

decision-making

Analyzing situations
Solving problems
Evaluating
Reflecting
Ethical responsibility

NHES

Standard 1. Understanding concepts

1.5.2 - Identify examples of emotional, intellectual, physical, and social health.

Standard 2. Analyzing influences

2.5.2 - Identify the influence of culture on health practices and behaviors.
2.5.3 - Identify how peers can influence healthy and unhealthy behaviors.

Standard 4. Interpersonal communication

4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.

Standard 5. Decision-making

5.5.1 - Identify health-related situations that might require a thoughtful decision.
5.5.5 - Choose a healthy option when making a decision.

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.

Standard 8. Advocating

8.5.1 - Express opinions and give accurate information about health issues.
8.5.2 - Encourage others to make positive health choices.

Common Core

English Language Arts Standards

Reading: Foundational Skills

Fluency:

CCSS.ELA-LITERACY.RF.5.4

Read with sufficient accuracy and fluency to support comprehension.

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.

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.

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.

Lesson 3: Be The Change

CASEL

Self-awareness

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

Self-management

Self-motivation
Goal-setting

Social awareness

Perspective-taking
Empathy
Appreciating diversity
Respect for others

Relationship skills

Communication
Social engagement

Responsible decision-making

Analyzing situations
Solving problems
Evaluating
Reflecting
Ethical responsibility

NHES

Standard 1. Understanding concepts

1.5.2 - Identify examples of emotional, intellectual, physical, and social health.

Standard 2. Analyzing influences

2.5.2 - Identify the influence of culture on health practices and behaviors.
2.5.3 - Identify how peers can influence healthy and unhealthy behaviors.
2.5.4 - Describe how the school and community can support personal health practices and behaviors.

Standard 4. Interpersonal communication

4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.

Standard 5. Decision-making

5.5.1 - Identify health-related situations that might require a thoughtful decision.
5.5.2 - Analyze when assistance is needed in making a health-related decision.

Standard 7. Practicing healthy behaviors

7.5.1 - Identify responsible personal health behaviors.

Standard 8. Advocating

8.5.1 - Express opinions and give accurate information about health issues.
8.5.2 - Encourage others to make positive health choices.

Common Core

English Language Arts Standards

Reading: Foundational Skills

Fluency:

CCSS.ELA-LITERACY.RF.5.4

Read with sufficient accuracy and fluency to support comprehension.

Writing

Text Types and Purposes:

CCSS.ELA-LITERACY.W.5.1

Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

CCSS.ELA-LITERACY.W.5.2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

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.

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.B

Recognize and explain the meaning of common idioms, adages, and proverbs.

Lesson 4: 30 Random Acts of Kindness

CASEL

Self-awareness

Accurate self-perception

Self-management

Self-motivation

Goal-setting

Social awareness

Perspective-taking

Empathy

Appreciating diversity

Respect for others

Relationship skills

Communication

Social engagement

Relationship-building

Responsible decision-making

Analyzing situations

Evaluating

Reflecting

Ethical responsibility

NHES

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.

Standard 4. Interpersonal communication

4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.

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.

Common Core

English Language Arts Standards

Reading: Foundational Skills

Fluency:

CCSS.ELA-LITERACY.RF.5.4

Read with sufficient accuracy and fluency to support comprehension.

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.

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.

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.



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/>

RANDOM ACTS OF KINDNESS
FOUNDATION®