

# SEL - Grade 5

CUSD 303

Year: 2012-2013

Content	Standard	Performance Descriptor	Skill Statement	Resources	
<b>Goal 1: Develop self-awareness and self-management skills to achieve school and life success.</b>					
Self-awareness and Self-management	1A Identify and manage one's emotions and behavior	1 Describe the physical responses common to a range of emotions	5.1A1 Describe the physical responses common to a range of emotions		
		3 Practice expressing positive feelings about others	5.1A3 Practice expressing positive feelings about others		
		5 Demonstrate emotions in various contexts in role-plays	5.1A5 Dramatize emotions in various contexts in role-plays		
		6 Practice handling pressure situations (e.g., taking a test, participating in a competitive activity)	5.1A6 Develop positive responses to stressful situations		
	1B Recognize personal qualities and external supports	1 Describe a time and situation you needed help	5.1B1 Describe a time and situation you needed help		
		2 Identify reliable adults from whom you would seek help in various situations	5.1B2 Identify reliable adults from whom you would seek help in various situations		
		3 Describe how you would improve your ability to perform a valued skill	5.1B3 Define and identify individual's valued skills within a school context		
			5.1B3 Explain how role models are influential in setting goals		
	1C Demonstrate skills related to achieving personal and academic goals	1 Develop a friendship goal with action steps to be taken by certain dates	5.1C1 Develop personal friendship goal and action plan, with time line		
		3 Monitor progress on planned action steps for a friendship goal	5.1C3 Monitor progress on planned action steps for a friendship goal		
		5 Analyze why you needed to change or delay action steps for achieving a recent goal	5.1C5 Assess what factors influenced any changes of the goal or action plan		
	<b>Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.</b>				
Social-awareness and Relationship Skills	2A Recognize the feelings and perspectives of others	3 Analyze why literary characters felt as they did	5.2A3 Interpret how a character feels and why		
		4 Analyze the various points of view expressed on an historical, political, or social issue	5.2A4 Interpret different points of view		
		5 Evaluate how a change in behavior of one side of a disagreement affects the other side	5.2A5 Recognize how a change in behavior of one side of a disagreement affects the other side		
	2B Recognize individual and group similarities and differences	3 Analyze how responsible students help their classmates	5.2B3 Articulate how responsible students help their classmates		
		5 Design a project that shows how your class or school is enriched by different cultures	5.2B5 Outline a project that shows how your class or school is enriched by different cultures		
	2C Use communication and social skills to interact effectively with others	1 Describe the qualities of an effective communicator	5.2C1 Describe the qualities of an effective communicator		
		2 Respond positively to constructive criticism	5.2C2 Respond positively to constructive criticism		
		5 Demonstrate support for others' contributions to a group/team effort	5.2C5 State comments to others to show support for contributions to a group/team effort		
	2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways	1 Identify the consequences of conflict resolution behavior	5.2D1 Identify the consequences of conflict resolution behavior		
		3 Explain how resolving a conflict could improve one's understanding of a situation	5.2D3 Explain how resolving a conflict could improve one's understanding of a situation		
		4 Distinguish between positive and negative peer pressure	5.2D4 Distinguish between positive and negative peer pressure		
	<b>Goal 3: Demonstrate decision making skills and responsible behaviors in personal, school, and community contexts.</b>				
	Responsible Decision-making	3A Consider ethical, safety, and societal factors in making decisions	1 Describe how differing points of view affect your decision-making process	5.3A1 Describe how differing points of view affect your decision-making process	
				5.3A1 Predict why being dependable is sometimes difficult (meeting deadlines, keeping commitments)	
			3 Explain why it is important to obey laws	5.3A3 Explain why it is important to obey laws	

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Responsible Decision-making ( <i>cont'd</i> )	3A Consider ethical, safety, and societal factors in making decisions ( <i>cont'd</i> )	4 Analyze what it means to be responsible with regard to one's family, friends, school community	5.3A4 Determine the importance of responsible behavior with regard to family, friends, school, community	
		5 Evaluate conflicting points of view in making a decision	5.3A5 Assess conflicting points of view in making a decision	
	3B Apply decision-making skills to deal responsibly with daily academic and social situations	1 Identify challenges and obstacles to solving problems	5.3B1 Identify challenges and obstacles to solving problems	
		2 Identify healthy alternatives to risky behaviors	5.3B2 Identify healthy alternatives to risky behaviors	
		4 Practice aligning non-verbal and verbal communication in refusing unwanted behavior	5.3B4 Implement strategies to refuse unwanted behavior by aligning verbal and non-verbal communication	
	3C Contribute to the well-being of one's school and community	1 Identify various ways that community workers assist residents in beautifying and protecting neighborhoods	5.3C1 Identify various ways one can contribute positively to their community	
		3 Develop a plan with your classmates to address a community issue or need	5.3C3 Construct a plan with your classmates to address a community issue or need	