

SEL - Grade 6

CUSD 303

Year: 2012-2013

Content	Standard	Performance Descriptor	Skill Statement	Resources
Goal 1: Develop self-awareness and self-management skills to achieve school and life success.				
Self-awareness and Self-management	1A Identify and manage one's emotions and behavior	4 Describe strategies for dealing with upsetting situations (examples include disappointment, loss, separation)	6.1A4 Apply strategies for dealing with upsetting situations, specific to self. Apply strategies for dealing with upsetting situations specific to others/environment impact on self	
		6 Use I statements to describe how you feel, why you feel that way, and what you might like to change	6.1A6 Apply I statements to describe how you feel, why you feel that way, and what you might like to change	
		7 Practice strategies to reduce stress (examples include talking to a friend or trusted adult, considering what led to these feelings, physical exercise)	6.1A7 Practice strategies to reduce stress	
	1B Recognize personal qualities and external supports	2 Identify personal strengths and weaknesses and the effect they have on your choices	6.1B2 Recognize how personal weaknesses affect your choices. Recognize how personal strengths affect your choices	
		2 Identify reliable adults from whom you would seek help in various situations	6.1B2 Identify reliable adults from whom you would seek help in various situations	
	1C Demonstrate skills related to achieving personal and academic goals	4 Make a plan with action steps and timeframes to achieve your goal	6.1C4 Make a plan with action steps and timeframes to achieve your goal	
6 Evaluate your success and analyze what you might have done differently		6.1C6 Evaluate your success and reflect what you might have done differently		
Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.				
Social-awareness and Relationship Skills	2A Recognize the feelings and perspectives of others	1 Identify and practice reflective listening skills through discussion and role-play	6.2A1 Identify reflective listening skills through discussion. Identify and practice reflective listening skills through discussion (examples include role play and teachable moments)	
		6 Predict how one's own behavior might affect the feelings of others	6.2A6 Predict how one's own behavior might affect the feelings of others	
		7 Interpret non-verbal communication cues	6.2A7 Interpret non-verbal communication cues	
	2B Recognize individual and group similarities and differences	2 Identify ways to overcome misunderstanding among various social and cultural groups	6.2B2 Identify ways to overcome misunderstanding among various social and cultural groups	
		6 Demonstrate respect for members of various ethnic and religious groups	6.2B6 Establish respect for members of various ethnic and religious groups	
	2C Use communication and social skills to interact effectively with others	1 Recognize the difference between positive and negative relationships	6.2C1 Recognize the difference between positive and negative relationships	
		7 Practice turning criticism into constructive feedback	6.2C7 Practice turning criticism into constructive feedback	
	2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways	4 Analyze different approaches to dealing with conflict (examples include avoidance, compliance, negotiation)	6.2D4 Analyze different approaches to dealing with conflict (examples include personal, peer, group)	
		7 Use verbal and non-verbal strategies to resolve group conflict	6.2D7 Apply non-verbal strategies to resolve group conflict. Apply verbal strategies to resolve group conflict (examples include personal, peer, group)	

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Goal 3: Demonstrate decision making skills and responsible behaviors in personal, school, and community contexts.				
Responsible Decision-making	3A Consider ethical, safety, and societal factors in making decisions	1 Recognize that an individual is responsible for his/her behavior	6.3A1 Recognize that an individual is responsible for his/her behavior	
		4 Analyze the needs of others in planning how work or sharing goods should be divided (examples include those with handicaps, those who are disadvantaged, and those with special abilities)	6.3A4 Analyze the strengths, weakness, or abilities of group members when dividing up task/roles	
	3B Apply decision making skills to deal responsibly with daily academic and	1 Identify challenges and obstacles to solving problems	6.3B1 Utilize decision making skills to organize academic and social situations	
		4 Demonstrate an ability to set priorities	6.3B4 Guide students to set priorities	
	3C Contribute to the well-being of one's school and community	1 Work with other students to plan and implement a service project in your school	6.3C1 Work with other students to participate in a project in your school	