

SEL - Grade 3

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	1 Identify a range of emotions you have experienced	3.1A1 Identify a range of emotions you have experienced	
		2 Describe situations that trigger various emotions (e.g., listening to music, talking to a friend, taking a test, being scolded)	3.1A2 Describe situations that trigger various emotions	
		3 Recognize mood changes and factors that contribute to them	3.1A3 Recognize mood changes in self and others	
			3.1A3 Recognize factors that contribute to mood changes	
		5 Distinguish among intensity levels of an emotion	3.1A5 Distinguish among intensity levels of an emotion	
		6 Demonstrate ways to deal with upsetting emotions (e.g., sadness, anger, disappointment)	3.1A6 Construct ways to deal with upsetting emotions	
	1B Recognize personal qualities and external supports	2 Describe the personal qualities that successful learners demonstrate (e.g., perseverance, responsibility, attention to task, etc.)	3.1B2 Describe the personal qualities that successful learners demonstrate	
		5 Analyze what it is about school that is challenging for you	3.1B5 Assess what it is about school that is challenging for you that can lead to setting a goal	
		7 Demonstrate ways to ask for help when needed	3.1B7 Provide ways to ask for help when needed	
	1C Demonstrate skills related to achieving personal and academic goals	2 Recognize that present goals build on the achievement of past goals	3.1C2 Recognize that present goals build on the achievement of past goals	
		6 Demonstrate ways to deal with upsetting emotions (e.g., sadness, anger, disappointment).	3.1C6 Construct ways to deal with upsetting emotions	
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 Distinguish between nonverbal and verbal cues and messages	3.2A1 Distinguish between nonverbal and verbal messages	
		2 Analyze alignment and non-alignment of verbal and non-verbal cues	3.2A2 Compare alignment of verbal and non-verbal cues	
		5 Demonstrate a capacity to care about the feelings of others	3.2A5 Provide evidence that one has the capacity to care about the feelings of others	
		6 Demonstrate an interest in the perspective of others	3.2A6 Provide evidence that one cares about the perspective of others	
	2B Recognize individual and group similarities and	1 Identify the existence of various groups based on social and cultural variables	3.2B1 Identify the existence of various groups based on social and cultural variables	
	2C Use communication and social skills to interact effectively with others	1 Recognize when it is appropriate to give a compliment	3.2C1 Recognize when it is appropriate to give a compliment	
		2 Identify attributes of cooperative behaviors in a group	3.2C2 Identify attributes of cooperative behaviors in a group	
		5 Use I statements to express how you feel when someone has hurt you emotionally	3.2C5 Express how you feel when someone has hurt you emotionally by using I-Statements	
		6 Demonstrate expressing appreciation to someone who has helped you	3.2C6 Express appreciation to someone who has helped you	

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Social-awareness and Relationship Skills (cont'd)	2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways	1 Identify bullying behavior and how it affects people	3.2D1 Identify bullying behavior and how it affects people	
		2 Explain what happens when a conflict is not resolved	3.2D2 Explain what happens when a conflict is not resolved	
		4 Analyze how an inability to manage one's anger might cause a conflict to get worse	3.2D4 Identify how an inability to manage one's anger might cause a conflict to get worse	
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	2 Identify physical sensations and emotions that indicate a threat or danger	3.3A2 Identify physical sensations that indicate a threat or danger	
			3.3A2 Identify emotions that indicate a threat or danger	
		6 Evaluate various approaches to responding to provocation	3.3A6 Determine various approaches to responding to provocation	
	3B Apply decision-making skills to deal responsibly with daily academic and social situations	2 Describe the steps of a decision-making model	3.3B2 Describe the steps of a decision-making model	
		5 Demonstrate wise choices in selecting friends	3.3B5 Identify wise choices in selecting friends	
	3C Contribute to the well-being of one's school and community	1 Describe what you learned about your school or community from your participation in a recent service project	3.3C1 Describe what you learned about your school and community and how you can contribute to your classroom and community	