SEL Competency: Self-Awareness	Pre-K	1st	2nd	3rd	4th	5th	MS	Early HS	Late HS	If a cell is left empty, it was determined by the district committee that intentionality of the correlating standard was not developmentally appropriate for the grade level.
Goal:	Our students will recognize emotion and choose a healthy response to develop a growth mindset.									**Notes:**
Standard SA1: Understanding One's Self	Obj1: Identifying and expressing feelings in age appropriate manner	Obj1: Identifying and expressing feelings in age appropriate manner	Obj1: Identifying and expressing feelings in age appropriate manner	Obj1: Identifying and expressing feelings in age appropriate manner	Obj1: Identifying and expressing feelings in age appropriate manner	Obj1: Identifying and expressing feelings in age appropriate manner	Obj1: Exploring strengths and opportunities for self-improvement	Obj1: Recognizing and utilizing strengths and opportunities for self-improvement	Obj1: Recognizing and utilizing strengths and opportunities for self-improvement	
				Obj2: Identify how you learn best	Obj2: Identify how you learn best	Obj2: Identify how you learn best				
Standard SA2: Advocating for One's Needs	Obj1: Using "I statements" I feel…when…I'd like for you to…	Obj1: Using "I statements" I feel…when…I'd like for you to…	Obj1: Using "I statements" I feel…when…I'd like for you to…	Obj1: Using "I statements" I feel…when…I'd like for you to…	Obj1: Using "I statements" I feel…when…I'd like for you to…	Obj1: Using "I statements" I feel…when…I'd like for you to…	Obj1: Recognizing and seeking assistance as needs arise	Obj1: Recognizing and seeking assistance across all settings	Obj1: Recognizing and seeking assistance across all settings	
	Obj2: Ask for academic assistance when needed	Obj2: Ask for academic assistance when needed	Obj2: Ask for academic assistance when needed	Obj2: Ask for academic assistance when needed	Obj2: Ask for academic assistance when needed	Obj2: Ask for academic assistance when needed				
	Obj3: Ask for assistance in regards to environmental and/or physical needs	Obj3: Ask for assistance in regards to environmental and/or physical needs	Obj3: Ask for assistance in regards to environmental and/or physical needs	Obj3: Ask for assistance in regards to environmental and/or physical needs	Obj3: Ask for assistance in regards to environmental and/or physical needs	Obj3: Ask for assistance in regards to environmental and/or physical needs				
Standard SA3: Understand the Impact of Emotions			Obj1: Identify how your emotional behaviors/reactions impact others	Obj1: Identify how your emotional behaviors/reactions impact others	Obj1: Identify how your emotional behaviors/reactions impact others	Obj1: Identify how your emotional behaviors/reactions impact others	Obj1: Exploring and reflecting on appropriate responses to big emotions	Obj1: Choosing appropriate responses to big emotions	Obj1: Choosing appropriate responses to big emotions	
Standard SA4: Growth Mindset	Obj1: Demonstrating self control when I struggle	Obj1: Demonstrating self control when I struggle	Obj1: Demonstrating self control when I struggle	Obj1: Demonstrating self control when I struggle	Obj1: Demonstrating self control when I struggle	Obj1: Demonstrating self control when I struggle	Obj1: Willingness to try new things and acknowledging different perspectives	Obj1: Maintaining a willingness to try new things and construct different perspectives	Obj1: Maintaining a willingness to try new things and construct different perspectives	**Growth Mindset**: The belief that one can improve their skills and abilities through effort and practice; learning from mistakes and using them as opporutnities to improve
	Obj2: Yet statements	Obj2: Yet statements	Obj2: Yet statements	Obj2: Yet statements	Obj2: Yet statements	Obj2: Yet statements				
Standard SA5: Circle of Control	Obj1: Demonstrating adaptability	Obj1: Demonstrating adaptability	Obj1: Demonstrating adaptability	Obj1: Demonstrating adaptability	Obj1: Demonstrating adaptability	Obj1: Demonstrating adaptability	Obj1: Demonstrate an understanding where your circle of control begins and ends	Obj1: Demonstrate an understanding where your circle of control begins and ends	Obj1: Demonstrate an understanding where your circle of control begins and ends	**Circle of Control**: Circumstances or problems that one individual can control; includes problems involvings one's own behavior or thoughts
	Obj2: Understand what I can and can't control	Obj2: Understand what I can and can't control	Obj2: Understand what I can and can't control	Obj2: Understand what I can and can't control	Obj2: Understand what I can and can't control	Obj2: Understand what I can and can't control				