SEL Competency: Self-Management	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 set and manage goals for personal growth and learn to regulate their response to stressors.									**Notes:**
Standard SM1: Mindfulness	Obj1: Recognize what is happening around you	Obj1: Recognize what is happening around you	Obj1: Recognize what is happening around you	Obj1: Recognize how your surroundings affect you	Obj1: Recognize how your surroundings affect you	Obj1: Recognize how your surroundings affect you	Obj1: Apply mindfulness strategies when needed	Obj1: Implementing mindfulness strategies to regulate emotions	Obj1: Implementing mindfulness strategies to regulate emotions	**Mindfulness**: The ability to be present and aware in the moment
	Obj2: Focus on one task at a time	Obj2: Focus on one task at a time	Obj2: Focus on one task at a time	Obj2: Focus on one task at a time	Obj2: Focus on one task at a time	Obj2: Focus on one task at a time				
	Obj3: Listen to understand, not respond	Obj3: Listen to understand, not respond	Obj3: Listen to understand, not respond	Obj3: Listen to understand, not respond	Obj3: Listen to understand, not respond	Obj3: listen to understand, not respond				
Standard SM2: Self-Regulation / Impulse Control	Obj1: Student can control their body	Obj1: Student can control their body	Obj1: Student can control their body	Obj1: Student can control their body	Obj1: Student can control their body	Obj1: Student can control their body	Obj1: Identifying and recognizing strong emotions and implementing coping skill	Obj1: Maintaining a pause before reaction	Obj1: Maintaining a pause before reaction	**Self- Regulation**: The ability to control one's behaviors in response to external stimuli or emotions
	Obj2: Listen to and respond to strategies to self-regulate	Obj2: Listen to and respond to strategies to self-regulate	Obj2: Demonstrate strategies to self-regulate	Obj2: Demonstrate strategies to self-regulate	Obj2: Demonstrate strategies to self-regulate	Obj2: Demonstrate strategies to self-regulate				
	Obj3: Students can calm down when given tools to do so	Obj3: Students can calm down when given tools to do so	Obj3: Students can calm down when given tools to do so	Obj3: Student can calm self without having to seek out help	Obj3: Student can calm self without having to seek out help	Obj3: Student can calm self without having to seek out help				
Standard SM3: Accountability and Responsibility	Obj1: Student can admit when they make a mistake	Obj1: Student can admit when they make a mistake	Obj1: Student can admit when they make a mistake	Obj1: Student can admit when they make a mistake	Obj1: Student can admit when they make a mistake	Obj1: Student can admit when they make a mistake	Obj2: Recognizing our emotions and response as a personal responsibility	Obj1: Taking responsibilty for one's emotions and choosing an appropriate response	Obj1: Taking responsibilty for one's emotions and choosing an appropriate response	
	Obj2: Student can accept responsibility for their choice	Obj2: Student can accept responsibility for their choice	Obj2: Student can accept responsibility for their choice	Obj2: Student can accept responsibility for their choice	Obj2: Student can accept responsibility for their choice	Obj2: Student can accept responsibility for their choice		Obj2: Student can follow expectations given by teachers	Obj2: Student can follow expectations given by teachers	
	Obj3: Student can follow expectations given by teachers	Obj3: Student can follow expectations given by teachers	Obj3: Student can follow expectations given by teachers	Obj3: Student can follow expectations given by teachers	Obj3: Student can follow expectations given by teachers	Obj3: Student can follow expectations given by teachers				
Standard SM4: Adaptability	Obj1: Demonstrate ability to adapt to change	Obj1: Demonstrate ability to adapt to change	Obj1: Demonstrate ability to adapt to change	Obj1: Demonstrate ability to adapt to change	Obj1: Demonstrate ability to adapt to change	Obj1: Demonstrate ability to adapt to change	Obj2: Recognizing and continuing various skill sets based on the situation	Obj1: Demonstrating and strengthening various skill sets based on the situation	Obj1: Demonstrating and strengthening various skill sets based on the situation	

SEL Competency: Self-Management	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 set and manage goals for personal growth and learn to regulate their response to stressors.									**Notes:**
Standard SM5: Goal-Setting	Obj1: Demonstrate steps to achieve class goals	Obj1: Demonstrate steps to achieve class goals	Obj1: Demonstrate steps to achieve class goals	Obj1: Set personal behavior and academic goals	Obj1: Set personal behavior and academic goals	Obj1: Set personal behavior and academic goals	Obj1: Identify and implement SMART goals to achieve desired goal	Obj1: Practicing and applying SMART Goals for short and long term goals	Obj1: Practicing and applying SMART Goals for short and long term goals	
				Obj2: Discuss importance of setting goals	Obj2: Discuss importance of setting goals	Obj2: Discuss importance of setting goals	Obj2: Begin to reflect upon outcome of the goal	Obj2: Implementing SMART goal; plan and reflect upon outcome	Obj2: Implementing SMART goal; plan and reflect upon outcome	
				Obj3: Demonstrate steps to achieve personal goals	Obj3: Demonstrate steps to achieve personal goals	Obj3: Demonstrate steps to achieve personal goals				
Standard SM6: Problem Solving	Obj1: Recognize that problems and conflict occur in everyday life	Obj1: Recognize that problems and conflict occur in everyday life	Obj1: Recognize that problems and conflict occur in everyday life	Obj1: Recognize that problems and conflict occur in everyday life	Obj1: Recognize that problems and conflict occur in everyday life	Obj1: Recognize that problems and conflict occur in everyday life	Obj1: Being comfortable making mistakes as a means to develop confidence in attempting new strategies	Obj1: Confidently engage in critical thinking skills with a willingness to make mistakes at times	Obj1: Confidently engage in critical thinking skills with a willingness to make mistakes at times	
	Obj2: Use age appropriate words to communicate needs	Obj2: Use age appropriate words to communicate needs	Obj2: Use age appropriate words to communicate needs	Obj2: Use age appropriate words to communicate needs	Obj2: Use age appropriate words to communicate needs	Obj2: Use age appropriate words to communicate needs				
	Obj3: Use age-appropriate tools to solve problems	Obj3: Use age-appropriate tools to solve problems	Obj3: Use age-appropriate tools to solve problems	Obj3: Use age-appropriate tools to solve problems	Obj3: Use age-appropriate tools to solve problems	Obj3: Use age-appropriate tools to solve problems				
Standard SM7: Anger Management	Obj1: Identify when you are angry	Obj1: Identify when you are angry	Obj1: Identify when you are angry	Obj1: Identify when you are angry	Obj1: Identify when you are angry	Obj1: Identify when you are angry	Obj1: Learning to indentify and navigate negative emotional responses to personal triggers	Obj1: Identifying personal triggers and responding in a constructive manner	Obj1: Identifying personal triggers and responding in a constructive manner	
	Obj2: Communicate when something is making you angry	Obj2: Communicate when something is making you angry	Obj2: Communicate when something is making you angry	Obj2: Communicate when something is making you angry	Obj2: Communicate when something is making you angry	Obj2: Communicate when something is making you angry				
		Obj3: Use provided strategies to self-regulate	Obj3: Use provided strategies to self-regulate	Obj3: Use provided strategies to self-regulate	Obj3: Use provided strategies to self-regulate	Obj3: Use provided strategies to self-regulate				