

Elementary Intermediate (Grades 3-5)

Content Area – Intrapersonal Effectiveness

| Goal | Targets | Resources | Lessons | Character Trait |
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| I.A. Student Competency: Students have a positive self-concept | | | | |
| I.A.i. Goal: Students will have accurate self-concepts | Analyze how their relationships with others affect their self-concept. | Let's Be Friends Say Goodbye to Being Shy | Activities 29-35 pgs 96-115 Activity 26 | Respect Responsibility Caring Courage |
| | Become aware of some of their beliefs & describe how they contribute. | CBT Toolbox I'm Not Bad, Just Mad/ Say Goodbye to Being Shy | p. 56 p. 79-82 Activity 23 / Activity 33 & 23 | |
| I.A.ii. Goal: Students will appreciate their uniqueness | Demonstrate awareness of what contributes to feelings of self-worth. | Let's Be Friends Say Goodbye to Being Shy | Activities 1-8 pgs 2-24 p. 65 Activity 23 & 36 | Respect Responsibility Fairness Courage |
| | Describe their personal standards. | Say Goodbye to Being Shy Relaxation & Stress Reduction | p. 89-91 Activity 33/ p. 44 Activity 16 | |
| I.A.iii. Goal: Students will develop self-regulation skill | Understand ways they manage their feelings. | Relaxation & Stress Reduction./I'm Not Bad Just | p. 28-29 Activity 10/ p. 10 Activity 3 | Respect Responsibility Caring |
| | Identify experiences that create strong feelings. | CBT Toolbox | p. 133 | |
| I.B. Student Competency: Students utilize effective executive functioning skills | | | | |
| I.B.i. Goal: Students will develop effective decision-making skills | Analyze their own skills for making personal decisions. | Listening to My Body/ CBT Toolbox | Draw Body and Recognize feelings with color/p. 143 | Responsibility Fairness |
| | Describe how their beliefs contribute to their decisions | Listening to My Body/ My Feeling Better Workbook | p. 35 Activity 14 p. 97 Activity 36 | |
| I.B.ii. Goal: Students will be able to develop a plan of action | Describe how planning enhances their lives. | What Should Danny Do?/ My Feeling Better Workbook | Scout size of the problem/ p. 42 & 37 Activity 16 & 17 | Responsibility Good Citizenship |
| | Understand the importance of planning for careers. | What Should Danny Do?/ Say Goodbye to Being Shy | p. 111-12 Activity 41 Planning for Next year | |

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| I.B.iii. Goal: Students will be able to engage in goal setting | Demonstrate understanding of the skills needed for goal | Learning to Listen Learning to Care | Activity 15 pg 46 | Responsibility Good Citizenship |
| | Construct some personal goals. | Say Goodbye to Being Shy Feeling Better Workbook | p. 67-68 Activity 24/ p. 28 & 30 Activity 12 & 13 | |
| I.B.iv. Goal: Students will be able to engage in effective problem solving | Demonstrate understanding of their own strategies for problem-solving. | Say Goodbye to Being Shy | P. 39-43 Activity 13 | Respect Responsibility Courage |
| | Describe appropriate methods for managing stress. | CBT Toolbox | p. 120 | |
| I.C. Student Competency: Students behave appropriately to the situation and environment | | | | |
| I.C.i. Goal: Students will behave in a responsible manner | Adhere to class & school behavioral expectations. | I'm Not Bad I'm Just Mad | Activity 28 pg 98 | Respect Responsibility Integrity |
| | Demonstrate understanding that the environment they are in influences their behavior | Relaxation and Stress Reduction | Activity 5 pg 14 | |
| I.C.ii. Goal: Students will take responsibility for their own behaviors | Demonstrate consideration and respect for feelings, property, and well-being of others. | Let's Be Friends | Activities 29-35 pgs96-115 | Respect Responsibility Honesty |
| | Become aware that their beliefs affect their behavior. | Let's Be Friends | Activity 35 pg 115 | |
| I.C.iii. Goal: Students will develop self-management skills | Maintain control over themselves. | My Mouth is a Volcano!/ I'm Not Bad, Just Mad | Workbook/ p. 98-101 Activity 28 | Respect Responsibility Good Citizenship |
| | Become aware of situations that produce a variety of behaviors. | I'm Not Bad, Just Mad | p. 106-108 Activity 30 Compromising | |