



Quaver SEL™



Texas Counseling Standards Crosswalk



Use this crosswalk to explore how the **Texas Counseling Standards** are addressed in QuaverSEL curriculum lessons.

Texas Counseling Standards Crosswalk

Intrapersonal Effectiveness

I.A. Student Competency: Students have a positive self-concept						
Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
I.A.i. Goal: Students will have accurate self-concepts	<u>Lesson 1</u> - I Am Happy <u>Lesson 6</u> - I Am Confident <u>Lesson 11</u> - Discovering My Strengths <u>Lesson 16</u> - How I Feel <u>Lesson 21</u> - I Can Do It	<u>Lesson 6</u> - Building Confidence <u>Lesson 11</u> - Sharing My Strengths <u>Lesson 16</u> - Showing My Feelings <u>Lesson 18</u> - How We're Different <u>Lesson 21</u> - Positive Mindset <u>Lesson 30</u> - Why is Honesty Important?	<u>Lesson 1</u> - Identifying Strong Feelings <u>Lesson 6</u> - Showing I Am Confident <u>Lesson 11</u> - My Strengths and Weaknesses <u>Lesson 13</u> - My Habits Are Different From Yours <u>Lesson 16</u> - What My Feelings Mean <u>Lesson 18</u> - Our Differences Affect Our Choices <u>Lesson 25</u> - What Is Self-Motivation?	<u>Lesson 1</u> - When I Feel Angry <u>Lesson 6</u> - Value of Self-Confidence <u>Lesson 11</u> - Overcoming Weakness <u>Lesson 16</u> - Perseverance <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 1</u> - Understanding My Feelings <u>Lesson 6</u> - Recovering My Self-Confidence <u>Lesson 11</u> - My Personality Traits <u>Lesson 16</u> - Improving Myself	<u>Lesson 1</u> - Dealing With Multiple Feelings <u>Lesson 6</u> - I Am Valuable <u>Lesson 11</u> - Using My Strengths to Help Others <u>Lesson 16</u> - Understanding My Personality
I.A.ii. Goal: Students will appreciate their uniqueness	<u>Lesson 6</u> - I Am Confident <u>Lesson 11</u> - Discovering My Strengths <u>Lesson 18</u> - We Are Different	<u>Lesson 5</u> - What I Care About <u>Lesson 6</u> - Building Confidence <u>Lesson 11</u> - Sharing My Strengths <u>Lesson 16</u> - Showing My Feelings <u>Lesson 18</u> - How We're Different <u>Lesson 28</u> - Standing Up For Me	<u>Lesson 6</u> - Showing I Am Confident <u>Lesson 11</u> - My Strengths and Weaknesses <u>Lesson 13</u> - My Habits Are Different From Yours <u>Lesson 16</u> - What My Feelings Mean <u>Lesson 22</u> - Controlling My Emotions <u>Lesson 31</u> - What to Do When I Worry	<u>Lesson 13</u> - We All See Things Differently <u>Lesson 18</u> - Learning About Cultures <u>Lesson 21</u> - Succeeding in a New Situation	<u>Lesson 13</u> - My Actions and Words Affect Others <u>Lesson 18</u> - Similarities and Differences of Cultures	<u>Lesson 11</u> - Using My Strengths to Help Others <u>Lesson 16</u> - Understanding My Personality <u>Lesson 18</u> - Appreciating Diversity <u>Lesson 20</u> - Character Helps Me Succeed

I.A. Student Competency: Students have a positive self-concept

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
I.A.iii. Goal: Students will develop self-regulation skills	<u>Lesson 7</u> - I Am Growing <u>Lesson 17</u> - When I Worry <u>Lesson 22</u> - Controlling Myself	<u>Lesson 6</u> - Building Confidence <u>Lesson 17</u> - I Feel Stressed <u>Lesson 21</u> - Positive Mindset <u>Lesson 22</u> - Practicing My Self-Control <u>Lesson 25</u> - Things I Should Do <u>Lesson 31</u> - Big Changes Are Okay <u>Lesson 33</u> - Having Two Feelings at the Same Time	<u>Lesson 1</u> - Identifying Strong Feelings <u>Lesson 6</u> - Showing I Am Confident <u>Lesson 11</u> - My Strengths and Weaknesses <u>Lesson 16</u> - What My Feelings Mean <u>Lesson 22</u> - Controlling My Emotions <u>Lesson 31</u> - What to Do When I Worry	<u>Lesson 1</u> - When I Feel Angry <u>Lesson 2</u> - Making Rules For Myself <u>Lesson 22</u> - Thinking Things Through <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 1</u> - Understanding My Feelings <u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 12</u> - Optimizing My Time <u>Lesson 17</u> - Different Types of Stress <u>Lesson 22</u> - Controlling My Thoughts	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 7</u> - Setting Life Goals <u>Lesson 17</u> - Consequences of Stress <u>Lesson 22</u> - Impulses and My Brain

I.B. Student Competency: Students utilize effective executive functioning skills

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
I.B.i. Goal: Students will develop effective decision-making skills	<u>Lesson 10</u> - Finding My Way <u>Lesson 20</u> - What Is a Situation <u>Lesson 24</u> - I Can Make It Better	<u>Lesson 5</u> - What I Care About <u>Lesson 10</u> - I Can Solve Problems! <u>Lesson 15</u> - How I Feel About Problems <u>Lesson 20</u> - Understanding Problems <u>Lesson 24</u> - Understanding What Worked <u>Lesson 26</u> - How Do I Reflect?	<u>Lesson 5</u> - Trustworthiness <u>Lesson 10</u> - Asking For Help <u>Lesson 15</u> - Big and Small Problems <u>Lesson 20</u> - Major and Minor Situations <u>Lesson 24</u> - How to Evaluate Something	<u>Lesson 5</u> - My Responsibilities <u>Lesson 10</u> - Brainstorm Solutions <u>Lesson 15</u> - What Caused the Problem <u>Lesson 20</u> - Breaking Down Situations <u>Lesson 24</u> - Evaluating My Day	<u>Lesson 5</u> - Understanding Right From Wrong <u>Lesson 10</u> - Making the Right Decision <u>Lesson 15</u> - Preventing the Problem <u>Lesson 20</u> - Learning from Situations	<u>Lesson 5</u> - Being a Responsible Citizen <u>Lesson 10</u> - Short and Long-Term Solutions <u>Lesson 15</u> - My Friend Has A Problem <u>Lesson 20</u> - Anticipating a Situation
I.B.ii. Goal: Students will be able to develop a plan of action	<u>Lesson 7</u> - I Am Growing <u>Lesson 27</u> - Be a STAR Student	<u>Lesson 7</u> - Setting Goals <u>Lesson 12</u> - Organizing Myself <u>Lesson 21</u> - Positive Mindset <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 7</u> - Setting Short-Term Goals <u>Lesson 20</u> - Major and Minor Situations <u>Lesson 24</u> - How to Evaluate Something	<u>Lesson 2</u> - Making Rules for Myself <u>Lesson 7</u> - Goals and Motivation <u>Lesson 12</u> - Organizing and Prioritizing Work	<u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 12</u> - Optimizing My Time <u>Lesson 25</u> - Long-Term Motivation	<u>Lesson 7</u> - Setting Life Goals <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 26</u> - Where Do I Go From Here?

I.B. Student Competency: Students utilize effective executive functioning skills						
Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
I.B.iii. Goal: Students will be able to engage in goal setting	<u>Lesson 7</u> - I Am Growing <u>Lesson 27</u> - Be a STAR Student	<u>Lesson 7</u> - Setting Goals <u>Lesson 12</u> - Organizing Myself <u>Lesson 21</u> - Positive Mindset <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 7</u> - Setting a Short-Term Goal	<u>Lesson 7</u> - Goals and Motivation <u>Lesson 12</u> - Organizing and Prioritizing Work	<u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 12</u> - Optimizing My Time <u>Lesson 25</u> - Long-Term Motivation	<u>Lesson 7</u> - Setting Life Goals <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 25</u> - Self-Motivation Leads to Success <u>Lesson 26</u> - Where Do I Go From Here?
I.B. iv. Goal: Students will be able to engage in effective problem solving	<u>Lesson 10</u> - Finding My Way <u>Lesson 15</u> - What Is a Problem? <u>Lesson 20</u> - What Is a Situation? <u>Lesson 24</u> - I Can Make It Better	<u>Lesson 5</u> - What I Care About <u>Lesson 10</u> - I Can Solve Problems! <u>Lesson 15</u> - How I Feel About Problems <u>Lesson 20</u> - Understanding Problems <u>Lesson 24</u> - Understanding What Worked <u>Lesson 26</u> - How Do I Reflect?	<u>Lesson 10</u> - Asking For Help <u>Lesson 15</u> - Big and Small Problems <u>Lesson 20</u> - Major and Minor Situations <u>Lesson 24</u> - How to Evaluate Something	<u>Lesson 10</u> - Brainstorming Solutions <u>Lesson 14</u> - Solving Conflict <u>Lesson 15</u> - What Caused the Problem	<u>Lesson 10</u> - Making the Right Decision <u>Lesson 15</u> - Preventing the Problem <u>Lesson 20</u> - Learning From Situations	<u>Lesson 10</u> - Short and Long-Term Solutions <u>Lesson 15</u> - My Friend Has a Problem <u>Lesson 20</u> - Anticipating a Situation

I.C. Student Competency: Students behave appropriately to the situation and environment						
Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
I.C.i. Goal: Students will behave in a responsible manner	<u>Lesson 2</u> - Following Rules <u>Lesson 22</u> - Controlling Myself	<u>Lesson 2</u> - Rules Help Us <u>Lesson 5</u> - What I Care About <u>Lesson 8</u> - Good Manners <u>Lesson 14</u> - The Golden Rule <u>Lesson 18</u> - How We're Different <u>Lesson 22</u> - Practicing My Self-Control <u>Lesson 25</u> - Things I Should Do <u>Lesson 29</u> - Safe and Unsafe Touch <u>Lesson 30</u> - Why Is Honesty Important?	<u>Lesson 2</u> - The Reason for Rules <u>Lesson 3</u> - Listening to Others	<u>Lesson 2</u> - Making Rules for Myself <u>Lesson 5</u> - My Responsibilities <u>Lesson 23</u> - My World Is Bigger Than Me <u>Lesson 27</u> - Improving My Schoolwork <u>Lesson 32</u> - How to Lose Respectfully	<u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 5</u> - Understanding Right From Wrong <u>Lesson 10</u> - Making the Right Decision <u>Lesson 16</u> - Improving Myself <u>Lesson 22</u> - Controlling My Thoughts	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 5</u> - Being a Responsible Citizen <u>Lesson 19</u> - Having Difficult Conversations <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 23</u> - Empathy in Action

I.C. Student Competency: Students behave appropriately to the situation and environment

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
I.C.ii. Goal: Students will take responsibility for their own behaviors	<u>Lesson 2</u> - Following Rules <u>Lesson 22</u> - Controlling Myself	<u>Lesson 2</u> - Rules Help Us <u>Lesson 5</u> - What I Care About <u>Lesson 8</u> - Good Manners <u>Lesson 14</u> - The Golden Rule <u>Lesson 18</u> - How We're Different <u>Lesson 22</u> - Practicing My Self-Control <u>Lesson 25</u> - Things I Should Do <u>Lesson 30</u> - Why Is Honesty Important?	<u>Lesson 15</u> - Big and Small Problems <u>Lesson 21</u> - Growth Mindset <u>Lesson 25</u> - What Is Motivation? <u>Lesson 30</u> - Telling the Truth <u>Lesson 31</u> - What to Do When I Worry	<u>Lesson 2</u> - Making Rules for Myself <u>Lesson 5</u> - My Responsibilities <u>Lesson 23</u> - My World Is Bigger Than Me <u>Lesson 27</u> - Improving My Schoolwork	<u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 5</u> - Understanding Right From Wrong <u>Lesson 10</u> - Making the Right Decision <u>Lesson 16</u> - Improving Myself <u>Lesson 22</u> - Controlling My Thoughts	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 5</u> - Being a Responsible Citizen <u>Lesson 19</u> - Having Difficult Conversations <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 23</u> - Empathy in Action <u>Lesson 26</u> - Where Do I Go From Here?
I.C.iii. Goal: Students will develop self-management skills	<u>Lesson 2</u> - Following Rules <u>Lesson 7</u> - I Am Growing <u>Lesson 17</u> - When I Worry <u>Lesson 22</u> - Controlling Myself	<u>Lesson 8</u> - Good Manners <u>Lesson 12</u> - Organizing Myself <u>Lesson 17</u> - I Feel Stressed <u>Lesson 22</u> - Practicing My Self-Control <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best <u>Lesson 31</u> - Big Changes Are Okay	<u>Lesson 2</u> - The Reason for Rules <u>Lesson 7</u> - Setting Short-Term Goals <u>Lesson 12</u> - Organization is Important <u>Lesson 17</u> - Causes of Stress <u>Lesson 22</u> - Controlling My Emotions <u>Lesson 25</u> - What Is Motivation?	<u>Lesson 2</u> - Making Rules for Myself <u>Lesson 6</u> - Value of Self-Confidence <u>Lesson 12</u> - Organizing and Prioritizing Work <u>Lesson 17</u> - Managing Stress <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 5</u> - Understanding Right From Wrong <u>Lesson 16</u> - Improving Myself <u>Lesson 17</u> - Different Types of Stress <u>Lesson 22</u> - Controlling My Thoughts	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 7</u> - Setting Life Goals <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 17</u> - Consequences of Stress <u>Lesson 22</u> - Impulses and My Brain <u>Lesson 25</u> - Self-Motivation Leads to Success

Texas Counseling Standards Crosswalk

Interpersonal Effectiveness

II.A. Student Competency: Students interact effectively with a diverse population						
Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
II.A.i. Goal: Students will appreciate their own culture	<u>Lesson 5</u> - I Care <u>Lesson 18</u> - We Are Different	<u>Lesson 5</u> - What I Care About <u>Lesson 8</u> - Good Manners <u>Lesson 18</u> - How We're Different <u>Lesson 23</u> - Understanding My Friends	<u>Lesson 18</u> - Our Differences Affect Our Choices	<u>Lesson 18</u> - Learning About Cultures	<u>Lesson 18</u> - Similarities and Differences of Cultures	<u>Lesson 18</u> - Appreciating Diversity
II.A.ii. Goal: Students will respect others as individuals and accept them for their cultural membership	<u>Lesson 4</u> - Making Friends <u>Lesson 13</u> - I Am Different From You <u>Lesson 18</u> - We Are Different <u>Lesson 19</u> - Talking to Each Other <u>Lesson 23</u> - Understanding Others' Feelings <u>Lesson 28</u> - Using Kind Words	<u>Lesson 3</u> - Listening Carefully <u>Lesson 8</u> - Good Manners <u>Lesson 18</u> - How We're Different	<u>Lesson 18</u> - Our Differences Affect Our Choices	<u>Lesson 18</u> - Learning About Cultures	<u>Lesson 8</u> - Respect for My Community <u>Lesson 18</u> - Similarities and Differences of Cultures	<u>Lesson 8</u> - Respect for the Planet <u>Lesson 13</u> - Results of Different Perspectives <u>Lesson 18</u> - Appreciating Diversity <u>Lesson 23</u> - Empathy in Action
II.A.iii. Goal: Students will effectively relate with others based on appreciation for differences/similarities	<u>Lesson 3</u> - Learning to Listen <u>Lesson 4</u> - Making Friends <u>Lesson 13</u> - I Am Different From You <u>Lesson 18</u> - We Are Different <u>Lesson 19</u> - Talking to Each Other <u>Lesson 23</u> - Understanding Others' Feelings <u>Lesson 28</u> - Using Kind Words	<u>Lesson 3</u> - Listening Carefully <u>Lesson 8</u> - Good Manners <u>Lesson 13</u> - Understanding You <u>Lesson 18</u> - How We're Different	<u>Lesson 13</u> - My Habits Are Different From Yours <u>Lesson 18</u> - Our Differences Affect Our Choices	<u>Lesson 13</u> - We All See Things Differently <u>Lesson 18</u> - Learning About Cultures <u>Lesson 23</u> - My World Is Bigger Than Me	<u>Lesson 13</u> - My Actions and Words Affect Others <u>Lesson 18</u> - Similarities and Differences of Cultures	<u>Lesson 13</u> - Results of Different Perspectives <u>Lesson 18</u> - Appreciating Diversity
II.A.iv. Goal: Students will evaluate how stereotyping affects them and their relationships with others.	<u>Lesson 4</u> - Making Friends <u>Lesson 13</u> - I Am Different From You <u>Lesson 18</u> - We Are Different <u>Lesson 19</u> - Talking to Each Other <u>Lesson 23</u> - Understanding Others' Feelings	<u>Lesson 13</u> - Understanding You <u>Lesson 18</u> - How We're Different	<u>Lesson 14</u> - Including Others <u>Lesson 18</u> - Our Differences Affect Our Choices	<u>Lesson 18</u> - Learning About Cultures	<u>Lesson 18</u> - Similarities and Differences of Cultures	<u>Lesson 13</u> - Results of Different Perspectives <u>Lesson 18</u> - Appreciating Diversity

II.B. Student Competency: Students utilize effective and appropriate communication skills

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
II.B.i. Goal: Students know that communication involves speaking, listening, and nonverbal behavior	<u>Lesson 3</u> - Learning to Listen <u>Lesson 8</u> - Please and Thank You <u>Lesson 19</u> - Talking to Each Other <u>Lesson 23</u> - Understanding Others' Feelings <u>Lesson 28</u> - Using Kind Words	<u>Lesson 3</u> - Listening Carefully <u>Lesson 19</u> - Having a Conversation	<u>Lesson 3</u> - Listening to Others <u>Lesson 19</u> - People I Can Talk To	<u>Lesson 3</u> - Benefits of Listening <u>Lesson 19</u> - Different Ways to Communicate My Feelings	<u>Lesson 3</u> - Thinking Before Speaking <u>Lesson 19</u> - Reading Body Language	<u>Lesson 3</u> - Balancing Listening and Talking <u>Lesson 19</u> - Having Difficult Conversations
II.B.ii. Goal: Students will effectively express themselves	<u>Lesson 1</u> - I Am Happy <u>Lesson 6</u> - I Am Confident <u>Lesson 8</u> - Please and Thank You <u>Lesson 9</u> - Working Together <u>Lesson 16</u> - How I Feel <u>Lesson 17</u> - When I Worry <u>Lesson 19</u> - Talking to Each Other <u>Lesson 28</u> - Using Kind Words	<u>Lesson 1</u> - Sharing Happiness <u>Lesson 16</u> - Showing My Feelings	<u>Lesson 1</u> - Identifying Strong Feelings <u>Lesson 16</u> - What My Feelings Mean	<u>Lesson 1</u> - When I Feel Angry <u>Lesson 19</u> - Different Ways to Communicate My Feelings	<u>Lesson 1</u> - Understanding My Feelings <u>Lesson 19</u> - Reading Body Language	<u>Lesson 1</u> - Dealing with Multiple Feelings <u>Lesson 19</u> - Having Difficult Conversations
II.B.iii. Goal: Students will use communication skills to know when and how to ask for help	<u>Lesson 10</u> - Finding My Way <u>Lesson 19</u> - Talking to Each Other <u>Lesson 27</u> - Be a STAR Student <u>Lesson 29</u> - Safe and Unsafe Strangers	<u>Lesson 10</u> - I Can Solve Problems! <u>Lesson 19</u> - Having a Conversation <u>Lesson 28</u> - Standing Up for Me <u>Lesson 29</u> - Safe and Unsafe Touch	<u>Lesson 10</u> - Asking For Help <u>Lesson 19</u> - People I Can Talk To	<u>Lesson 19</u> - Different Ways to Communicate My Feelings	<u>Lesson 10</u> - Making the Right Decision <u>Lesson 16</u> - Improving Myself <u>Lesson 27</u> - Good Study Skills	<u>Lesson 11</u> - Using My Strengths to Help Others

II.C. Student Competency: Students recognize personal boundaries, individual rights and privacy needs of others

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
II.C.i. Goal: Students will understand the need for personal boundaries	<u>Lesson 2</u> - Following Rules <u>Lesson 17</u> - When I Worry <u>Lesson 19</u> - Talking to Each Other <u>Lesson 22</u> - Controlling Myself <u>Lesson 29</u> - Safe and Unsafe Strangers	<u>Lesson 19</u> - Having a Conversation <u>Lesson 28</u> - Standing Up for Me <u>Lesson 29</u> - Safe and Unsafe Touch	<u>Lesson 2</u> - The Reason for Rules <u>Lesson 4</u> - What Makes a Good Friend?	<u>Lesson 2</u> - Making Rules for Myself <u>Lesson 14</u> - Solving Conflict	<u>Lesson 19</u> - Reading Body Language <u>Lesson 14</u> - What Is Bullying?	<u>Lesson 15</u> - My Friend Has a Problem <u>Lesson 19</u> - Having Difficult Conversations
II.C.ii. Goal: Students will understand individual rights and privacy needs of others	<u>Lesson 2</u> - Following Rules <u>Lesson 3</u> - Learning to Listen <u>Lesson 18</u> - We Are Different <u>Lesson 19</u> - Talking to Each Other <u>Lesson 22</u> - Controlling Myself <u>Lesson 23</u> - Understanding Others' Feelings <u>Lesson 28</u> - Using Kind Words <u>Lesson 29</u> - Safe and Unsafe Strangers	<u>Lesson 8</u> - Good Manners <u>Lesson 14</u> - The Golden Rule <u>Lesson 23</u> - Understanding My Friends	<u>Lesson 23</u> - Feeling What Others Feel	<u>Lesson 23</u> - My World Is Bigger Than Me	<u>Lesson 19</u> - Reading Body Language <u>Lesson 23</u> - How to Express Empathy	<u>Lesson 15</u> - My Friend Has a Problem <u>Lesson 19</u> - Having Difficult Conversations <u>Lesson 23</u> - Empathy in Action

II.D. Student Competency: Students utilize effective conflict resolution skills

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
II.D.i. Goal: Students will develop and use conflict resolution skills	<u>Lesson 3</u> - Learning to Listen <u>Lesson 15</u> - What Is a Problem? <u>Lesson 19</u> - Talking to Each Other <u>Lesson 23</u> - Understanding Other's Feelings <u>Lesson 28</u> - Using Kind Words	<u>Lesson 15</u> - How I Feel About Problems <u>Lesson 28</u> - Standing Up for Me	<u>Lesson 3</u> - Listening to Others <u>Lesson 15</u> - Big and Small Problems	<u>Lesson 14</u> - Solving Conflict <u>Lesson 15</u> - What Caused the Problem?	<u>Lesson 9</u> - Keeping the Team Together <u>Lesson 15</u> - Preventing the Problem	<u>Lesson 14</u> - Conflict vs. Bullying <u>Lesson 15</u> - My Friend Has a Problem <u>Lesson 19</u> - Having Difficult Conversations

II.E. Student Competency: Students develop healthy relationships

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
II.E.i. Goal: Students will define healthy and unhealthy relationships	<u>Lesson 4</u> - Making Friends <u>Lesson 29</u> - Safe and Unsafe Strangers	<u>Lesson 4</u> - Friends Are Special	<u>Lesson 4</u> - What Makes a Good Friend?	<u>Lesson 4</u> - Signs of a Strong Friendship	<u>Lesson 4</u> - Celebrating Our Friendships <u>Lesson 14</u> - What Is Bullying?	<u>Lesson 4</u> - Maintaining Friendship Groups <u>Lesson 14</u> - Conflict vs. Bullying <u>Lesson 19</u> - Having Difficult Conversations
II.E.ii. Goal: Students will identify characteristics of healthy and unhealthy relationships	<u>Lesson 4</u> - Making Friends <u>Lesson 8</u> - Please and Thank You <u>Lesson 9</u> - Working Together <u>Lesson 14</u> - Sharing and Taking Turns <u>Lesson 19</u> - Talking to Each Other <u>Lesson 23</u> - Understanding Others' Feelings <u>Lesson 28</u> - Using Kind Words	<u>Lesson 4</u> - Friends Are Special <u>Lesson 29</u> - Safe and Unsafe Touch	<u>Lesson 4</u> - What Makes a Good Friend? <u>Lesson 30</u> - Telling the Truth	<u>Lesson 4</u> - Signs of a Strong Friendship <u>Lesson 14</u> - Solving Conflict	<u>Lesson 4</u> - Celebrating Our Friendships <u>Lesson 14</u> - What Is Bullying?	<u>Lesson 4</u> - Maintaining Friendship Groups <u>Lesson 14</u> - Conflict vs. Bullying <u>Lesson 15</u> - My Friend Has a Problem <u>Lesson 19</u> - Having Difficult Conversations

Post-Secondary Planning and Career Readiness

III.A. Student Competency: Students are motivated to succeed in personal endeavors						
Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
III.A.i. Goal: Students will develop their own academic potential	<u>Lesson 2</u> - Following Rules <u>Lesson 7</u> - I Am Growing <u>Lesson 11</u> - Discovering My Strengths <u>Lesson 12</u> - Putting Things in Order <u>Lesson 21</u> - I Can Do It <u>Lesson 25</u> - Why We Go To School <u>Lesson 27</u> - Be A STAR Student	<u>Lesson 3</u> - Listening Carefully <u>Lesson 7</u> - Setting Goals <u>Lesson 10</u> - I Can Solve Problems! <u>Lesson 12</u> - Organizing Myself <u>Lesson 15</u> - How I Feel About Problems <u>Lesson 21</u> - Positive Mindset <u>Lesson 24</u> - Understanding What Worked <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 7</u> - Setting a Short-Term Goal <u>Lesson 10</u> - Asking for Help <u>Lesson 11</u> - My Strengths and Weaknesses <u>Lesson 12</u> - Organization Is Important <u>Lesson 21</u> - Growth Mindset <u>Lesson 25</u> - What Is Motivation?	<u>Lesson 6</u> - Value of Self-Confidence <u>Lesson 7</u> - Goals and Motivation <u>Lesson 8</u> - Respect for My School <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 21</u> - Succeeding in a New Situation	<u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 6</u> - Recovering My Self-Confidence <u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 12</u> - Optimizing My Time <u>Lesson 16</u> - Improving Myself <u>Lesson 20</u> - Learning From Situations <u>Lesson 25</u> - Long-Term Motivation <u>Lesson 27</u> - Good Study Skills	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 6</u> - I Am Valuable <u>Lesson 7</u> - Setting Life Goals <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 25</u> - Motivation Leads to Success
III.A.ii. Goal: Students will take advantage of their educational opportunities	<u>Lesson 7</u> - I Am Growing <u>Lesson 11</u> - Discovering My Strengths <u>Lesson 12</u> - Putting Things in Order <u>Lesson 21</u> - I Can Do It <u>Lesson 25</u> - Why We Go To School <u>Lesson 27</u> - Be A STAR Student	<u>Lesson 7</u> - Setting Goals <u>Lesson 21</u> - Positive Mindset <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 7</u> - Setting a Short-Term Goal <u>Lesson 10</u> - Asking for Help <u>Lesson 11</u> - My Strengths and Weaknesses <u>Lesson 12</u> - Organization Is Important <u>Lesson 21</u> - Growth Mindset <u>Lesson 25</u> - What Is Motivation?	<u>Lesson 6</u> - Value of Self-Confidence <u>Lesson 7</u> - Goals and Motivation <u>Lesson 8</u> - Respect for My School <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 21</u> - Succeeding in a New Situation	<u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 5</u> - Understanding Right from Wrong <u>Lesson 6</u> - Recovering My Self-Confidence <u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 12</u> - Optimizing My Time <u>Lesson 16</u> - Improving Myself <u>Lesson 18</u> - Similarities and Differences of Culture <u>Lesson 20</u> - Learning From Situations <u>Lesson 25</u> - Long-Term Motivation <u>Lesson 26</u> - How Do I Apply My Reflection? <u>Lesson 27</u> - Good Study Skills	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 6</u> - I Am Valuable <u>Lesson 7</u> - Setting Life Goals <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 25</u> - Motivation Leads to Success

III.A. Student Competency: Students are motivated to succeed in personal endeavors

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
III.A.iii. Goal: Students will identify attitudes and behaviors that lead to successful learning	<p><u>Lesson 2</u> - Following Rules</p> <p><u>Lesson 5</u> - I Care</p> <p><u>Lesson 6</u> - I Am Confident</p> <p><u>Lesson 7</u> - I Am Growing</p> <p><u>Lesson 9</u> - Working Together</p> <p><u>Lesson 11</u> - Discovering My Strengths</p> <p><u>Lesson 12</u> - Putting Things in Order</p> <p><u>Lesson 14</u> - Sharing and Taking Turns</p> <p><u>Lesson 19</u> - Talking to Each Other</p> <p><u>Lesson 21</u> - I Can Do It</p> <p><u>Lesson 24</u> - I Can Make It Better</p> <p><u>Lesson 25</u> - Why We Go To School</p> <p><u>Lesson 27</u> - Be A STAR Student</p>	<p><u>Lesson 6</u> - Building Confidence</p> <p><u>Lesson 7</u> - Setting Goals</p> <p><u>Lesson 11</u> - Sharing My Strengths</p> <p><u>Lesson 12</u> - Organizing Myself</p> <p><u>Lesson 20</u> - Understanding Problems</p> <p><u>Lesson 21</u> - Positive Mindset</p> <p><u>Lesson 22</u> - Practicing My Self-Control</p> <p><u>Lesson 25</u> - Things I Should Do</p> <p><u>Lesson 27</u> - Trying My Best</p>	<p><u>Lesson 2</u> - The Reason for Rules</p> <p><u>Lesson 6</u> - Showing I Am Confident</p> <p><u>Lesson 7</u> - Setting a Short-Term Goal</p> <p><u>Lesson 12</u> - Organization is Important</p> <p><u>Lesson 21</u> - Growth Mindset</p> <p><u>Lesson 24</u> - How to Evaluate Something</p> <p><u>Lesson 25</u> - What is Motivation?</p> <p><u>Lesson 26</u> - What is the Purpose of Reflecting?</p>	<p><u>Lesson 2</u> - Making Rules for Myself</p> <p><u>Lesson 6</u> - Value of Self-Confidence</p> <p><u>Lesson 7</u> - Goals and Motivation</p> <p><u>Lesson 8</u> - Respect for My School</p> <p><u>Lesson 11</u> - Overcoming My Weaknesses</p> <p><u>Lesson 12</u> - Organizing and Prioritizing My Work</p> <p><u>Lesson 16</u> - Perseverance</p> <p><u>Lesson 18</u> - Learning About Cultures</p> <p><u>Lesson 21</u> - Succeeding in a New Situation</p> <p><u>Lesson 25</u> - Exploring Motivation</p> <p><u>Lesson 30</u> - What is Integrity?</p>	<p><u>Lesson 2</u> - Benefits of Self-Discipline</p> <p><u>Lesson 5</u> - Understanding Right From Wrong</p> <p><u>Lesson 6</u> - Recovering My Self-Confidence</p> <p><u>Lesson 7</u> - Setting Long-Term Goals</p> <p><u>Lesson 12</u> - Optimizing My Time</p> <p><u>Lesson 15</u> - Preventing the Problem</p> <p><u>Lesson 16</u> - Improving Myself</p> <p><u>Lesson 18</u> - Similarities and Differences of Culture</p> <p><u>Lesson 20</u> - Learning From Situations</p> <p><u>Lesson 25</u> - Long-Term Motivation</p> <p><u>Lesson 26</u> - How Do I Apply My Reflection?</p> <p><u>Lesson 27</u> - Good Study Skills</p>	<p><u>Lesson 2</u> - Practicing Self-Discipline</p> <p><u>Lesson 6</u> - I Am Valuable</p> <p><u>Lesson 7</u> - Setting Life Goals</p> <p><u>Lesson 10</u> - Short-Term and Long-Term Solutions</p> <p><u>Lesson 12</u> - Organize, Prioritize, Optimize</p> <p><u>Lesson 21</u> - Character Helps Me Succeed</p> <p><u>Lesson 25</u> - Motivation Leads to Success</p>

III.A. Student Competency: Students are motivated to succeed in personal endeavors

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
III.A.iv. Goal: Students will develop leadership skills	<p><u>Lesson 3</u> - Learning to Listen</p> <p><u>Lesson 5</u> - I Care</p> <p><u>Lesson 9</u> - Working Together</p> <p><u>Lesson 11</u> - Discovering My Strengths</p> <p><u>Lesson 18</u> - We Are Different</p> <p><u>Lesson 19</u> - Talking to Each Other</p> <p><u>Lesson 20</u> - What Is a Situation</p> <p><u>Lesson 23</u> - Understanding Others' Feelings</p> <p><u>Lesson 24</u> - I Can Make It Better</p> <p><u>Lesson 30</u> - What Is Honesty?</p>	<p><u>Lesson 5</u> - What I Care About</p> <p><u>Lesson 9</u> - Parts of a Team</p> <p><u>Lesson 13</u> - Understanding You</p> <p><u>Lesson 15</u> - How I Feel About Problems</p> <p><u>Lesson 19</u> - Having a Conversation</p> <p><u>Lesson 24</u> - Understanding What Worked</p> <p><u>Lesson 30</u> - Why Is Honesty Important?</p>	<p><u>Lesson 2</u> - The Reason for Rules</p> <p><u>Lesson 3</u> - Listening to Others</p> <p><u>Lesson 5</u> - Trustworthiness</p> <p><u>Lesson 6</u> - Showing I Am Confident</p> <p><u>Lesson 9</u> - Types of Teams</p> <p><u>Lesson 11</u> - My Strengths and Weaknesses</p> <p><u>Lesson 12</u> - Organization Is Important</p> <p><u>Lesson 14</u> - Including Others</p> <p><u>Lesson 30</u> - Telling the Truth</p>	<p><u>Lesson 5</u> - My Responsibilities</p> <p><u>Lesson 9</u> - Building a Strong Team</p> <p><u>Lesson 14</u> - Solving Conflict</p> <p><u>Lesson 26</u> - Reflecting With Others</p> <p><u>Lesson 30</u> - What Is Integrity?</p>	<p><u>Lesson 2</u> - Benefits of Self-Discipline</p> <p><u>Lesson 3</u> - Thinking Before Speaking</p> <p><u>Lesson 5</u> - Understanding Right From Wrong</p> <p><u>Lesson 7</u> - Setting Long-Term Goals</p> <p><u>Lesson 8</u> - Respect for My Community</p> <p><u>Lesson 9</u> - Keeping the Team Together</p> <p><u>Lesson 10</u> - Making the Right Choices</p> <p><u>Lesson 15</u> - Preventing the Problem</p> <p><u>Lesson 19</u> - Reading Body Language</p> <p><u>Lesson 20</u> - Learning From Situations</p> <p><u>Lesson 21</u> - Being Resilient</p> <p><u>Lesson 23</u> - How to Express Empathy</p> <p><u>Lesson 24</u> - Evaluating Our Decisions</p>	<p><u>Lesson 2</u> - Practicing Self-Discipline</p> <p><u>Lesson 5</u> - Being a Responsible Citizen</p> <p><u>Lesson 9</u> - Being a Strong Team Leader</p> <p><u>Lesson 10</u> - Short-Term and Long-Term Solutions</p> <p><u>Lesson 11</u> - Using My Strengths to Help Others</p> <p><u>Lesson 12</u> - Organize, Prioritize, Optimize</p> <p><u>Lesson 19</u> - Having Difficult Conversations</p> <p><u>Lesson 21</u> - Character Helps Me Succeed</p> <p><u>Lesson 23</u> - Empathy in Action</p> <p><u>Lesson 25</u> - Motivation Leads to Success</p>

III.B. Student Competency: Students demonstrate career exploration skills

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
III.B.i. Goal: Students will identify career opportunities that allow them to fulfill their potential	<u>Lesson 9</u> - Working Together <u>Lesson 10</u> - Finding My Way <u>Lesson 11</u> - Discovering Strengths <u>Lesson 12</u> - Putting Things in Order <u>Lesson 20</u> - What Is a Situation <u>Lesson 21</u> - I Can Do It <u>Lesson 31</u> - Trying New Things	<u>Lesson 7</u> - Setting Goals <u>Lesson 11</u> - Sharing My Strengths <u>Lesson 15</u> - How I Feel About Problems <u>Lesson 20</u> - Understanding Problems <u>Lesson 21</u> - Positive Mindset <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 7</u> - Setting a Short Term Goal <u>Lesson 11</u> - My Strengths and Weaknesses <u>Lesson 21</u> - Growth Mindset <u>Lesson 25</u> - What Is Motivation?	<u>Lesson 7</u> - Goals and Motivation <u>Lesson 21</u> - Succeeding in a New Situation <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 25</u> - Long-Term Motivation <u>Lesson 27</u> - Good Study Skills	<u>Lesson 7</u> - Setting Life Goals <u>Lesson 25</u> - Self-Motivation Leads to Success
III.B.ii. Goal: Students will make connections between personal skills, interests and abilities, and career choices	<u>Lesson 5</u> - I Care <u>Lesson 6</u> - I Am Confident <u>Lesson 7</u> - I Am Growing <u>Lesson 10</u> - Finding My Way <u>Lesson 11</u> - Discovering Strengths <u>Lesson 12</u> - Putting Things in Order	<u>Lesson 5</u> - What I Care About <u>Lesson 7</u> - Setting Goals <u>Lesson 11</u> - Sharing My Strengths <u>Lesson 12</u> - Organizing Myself <u>Lesson 25</u> - Things I Should Do	<u>Lesson 7</u> - Setting a Short Term Goal <u>Lesson 11</u> - My Strengths and Weaknesses <u>Lesson 21</u> - Growth Mindset <u>Lesson 25</u> - What Is Motivation?	<u>Lesson 2</u> - Making Rules for Myself <u>Lesson 3</u> - Benefits of Listening <u>Lesson 6</u> - Value of Self-Confidence <u>Lesson 7</u> - Goals and Motivation <u>Lesson 11</u> - Overcoming My Weaknesses <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 21</u> - Succeeding in a New Situation	<u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 5</u> - Understanding Right From Wrong <u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 10</u> - Making the Right Choices <u>Lesson 12</u> - Optimizing My Time <u>Lesson 16</u> - Improving Myself <u>Lesson 24</u> - Evaluating Our Decisions <u>Lesson 25</u> - Long-Term Motivation <u>Lesson 27</u> - Good Study Skills	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 7</u> - Setting Life Goals <u>Lesson 9</u> - Being a Strong Team Leader <u>Lesson 11</u> - Using My Strengths to Help Others <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 25</u> - Self-Motivation Leads to Success
III.B.iii. Goal: Students will understand and explore their expanding world views	<u>Lesson 5</u> - I Care <u>Lesson 13</u> - I Am Different From You <u>Lesson 18</u> - We Are Different <u>Lesson 24</u> - I Can Make It Better	<u>Lesson 5</u> - What I Care About <u>Lesson 13</u> - Understanding You <u>Lesson 18</u> - How We're Different <u>Lesson 20</u> - Understanding Problems	<u>Lesson 8</u> - Respect for My Family <u>Lesson 13</u> - My Habits Are Different From Yours <u>Lesson 18</u> - Our Differences Affect Our Choices <u>Lesson 21</u> - Growth Mindset	<u>Lesson 5</u> - My Responsibilities <u>Lesson 13</u> - We All See Things Differently <u>Lesson 18</u> - Learning About Cultures <u>Lesson 22</u> - Thinking Things Through <u>Lesson 23</u> - My World Is Bigger Than Me	<u>Lesson 5</u> - Understanding Right From Wrong <u>Lesson 8</u> - Respect For My Community <u>Lesson 13</u> - What Affects People's Perspectives <u>Lesson 18</u> - Similarities and Differences of Cultures	<u>Lesson 5</u> - Being a Responsible Citizen <u>Lesson 7</u> - Setting Life Goals <u>Lesson 8</u> - Respect for the Planet <u>Lesson 13</u> - Results of Different Perspectives <u>Lesson 18</u> - Appreciating Diversity <u>Lesson 23</u> - Empathy in Action <u>Lesson 25</u> - Self-Motivation Leads to Success <u>Lesson 26</u> - Where Do I Go From Here?

III.C. Student Competency: Students possess the knowledge and skills to gather information for the purpose of postsecondary education and career planning

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
III.C.i. Goal: Students will develop skills to locate, evaluate and interpret career information	<u>Lesson 6</u> - I Am Confident <u>Lesson 24</u> - I Can Make It Better <u>Lesson 25</u> - Why We Go To School	<u>Lesson 10</u> - I Can Solve Problems! <u>Lesson 11</u> - Sharing My Strengths <u>Lesson 20</u> - Understanding Problems <u>Lesson 24</u> - Understanding What Worked <u>Lesson 26</u> - How Do I Reflect?	<u>Lesson 7</u> - Setting a Short-Term Goal <u>Lesson 10</u> - Asking for Help <u>Lesson 24</u> - How to Evaluate Something	<u>Lesson 7</u> - Goals and Motivation <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 21</u> - Succeeding in a New Situation	<u>Lesson 10</u> - Making the Right Choices <u>Lesson 12</u> - Optimizing My Time <u>Lesson 20</u> - Learning From Situations <u>Lesson 24</u> - Evaluating Our Decisions	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 24</u> - Evaluating Information <u>Lesson 25</u> - Self-Motivation Leads to Success <u>Lesson 26</u> - Where Do I Go From Here?
III.C.ii. Goal: Students will learn how to apply goal-setting skills in career	<u>Lesson 7</u> - I Am Growing <u>Lesson 12</u> - Putting Things in Order <u>Lesson 21</u> - I Can Do It <u>Lesson 25</u> - Why We Go To School <u>Lesson 27</u> - Be A STAR Student	<u>Lesson 7</u> - Setting Goals <u>Lesson 11</u> - Sharing My Strengths <u>Lesson 21</u> - Positive Mindset <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 7</u> - Setting a Short-Term Goal <u>Lesson 12</u> - Organization is Important <u>Lesson 21</u> - Growth Mindset <u>Lesson 25</u> - What Is Motivation?	<u>Lesson 7</u> - Goals and Motivation <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 21</u> - Succeeding in a New Situation <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 24</u> - Evaluating Our Decisions <u>Lesson 25</u> - Long-Term Motivation	<u>Lesson 7</u> - Setting Life Goals <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 25</u> - Self-Motivation Leads to Success
III.C.iii. Goal: Students will apply decision-making skills to career planning, course selection and career transition	<u>Lesson 7</u> - I Am Growing <u>Lesson 10</u> - Finding My Way <u>Lesson 15</u> - What is a Problem <u>Lesson 20</u> - What Is a Situation <u>Lesson 24</u> - I Can Make It Better	<u>Lesson 10</u> - I Can Solve Problems! <u>Lesson 15</u> - How I Feel About Problems <u>Lesson 20</u> - Understanding Problems <u>Lesson 24</u> - Understanding What Worked	<u>Lesson 10</u> - Asking for Help <u>Lesson 15</u> - Big and Small Problems <u>Lesson 20</u> - Major and Minor Situations <u>Lesson 24</u> - How to Evaluate Something	<u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 15</u> - What Caused the Problem? <u>Lesson 20</u> - Breaking Down Situations <u>Lesson 22</u> - Thinking Things Through <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 5</u> - Understanding Right From Wrong <u>Lesson 10</u> - Making the Right Choices <u>Lesson 15</u> - Preventing the Problem <u>Lesson 20</u> - Learning From Situations <u>Lesson 24</u> - Evaluating Our Decisions <u>Lesson 26</u> - How Do I Apply My Reflection?	<u>Lesson 5</u> - Being a Responsible Citizen <u>Lesson 7</u> - Setting Life Goals <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 13</u> - Results of Different Perspectives <u>Lesson 20</u> - Anticipating a Situation <u>Lesson 24</u> - Evaluating Information
III.C.iv. Goal: Students will demonstrate knowledge of the career-planning process	<u>Lesson 7</u> - I Am Growing <u>Lesson 25</u> - Why We Go To School <u>Lesson 27</u> - Be A STAR Student	<u>Lesson 7</u> - Setting Goals <u>Lesson 11</u> - Sharing My Strengths <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 7</u> - Setting a Short-Term Goal <u>Lesson 12</u> - Organization is Important <u>Lesson 21</u> - Growth Mindset <u>Lesson 25</u> - What Is Motivation?	<u>Lesson 7</u> - Goals and Motivation <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 21</u> - Succeeding in a New Situation <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 24</u> - Evaluating Our Decisions <u>Lesson 25</u> - Long-Term Motivation	<u>Lesson 7</u> - Setting Life Goals <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 25</u> - Self-Motivation Leads to Success

III.D. Student Competency: Students will demonstrate awareness of the importance of postsecondary education

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
III.D.i. Goal: Students will demonstrate awareness that education and training is needed to achieve career goals	<u>Lesson 2</u> - Following Rules <u>Lesson 7</u> - I Am Growing <u>Lesson 11</u> - Discovering My Strengths <u>Lesson 12</u> - Putting Things in Order <u>Lesson 21</u> - I Can Do It <u>Lesson 25</u> - Why We Go To School <u>Lesson 27</u> - Be A STAR Student	<u>Lesson 7</u> - Setting Goals <u>Lesson 21</u> - Positive Mindset <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 2</u> - The Reason for Rules <u>Lesson 7</u> - Setting a Short-Term Goal <u>Lesson 12</u> - Organization is Important <u>Lesson 21</u> - Growth Mindset <u>Lesson 24</u> - How to Evaluate Something <u>Lesson 25</u> - What Is Motivation? <u>Lesson 26</u> - What Is the Purpose of Reflecting?	<u>Lesson 7</u> - Goals and Motivation <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 21</u> - Succeeding in a New Situation <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 12</u> - Optimizing My Time <u>Lesson 24</u> - Evaluating Our Decisions <u>Lesson 25</u> - Long-Term Motivation <u>Lesson 27</u> - Good Study Skills	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 7</u> - Setting Life Goals <u>Lesson 9</u> - Being a Strong Team Leader <u>Lesson 11</u> - Using My Strengths to Help Others <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 25</u> - Self-Motivation Leads to Success

III.E. Student Competency: Students will understand the relationship of academics to the world of work and to life at home in the community

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
III.E.i. Goal: Students will develop a positive attitude toward work and learning	<u>Lesson 21</u> - I Can Do It <u>Lesson 24</u> - I Can Make It Better <u>Lesson 25</u> - Why We Go To School <u>Lesson 27</u> - Be A STAR Student	<u>Lesson 7</u> - Setting Goals <u>Lesson 21</u> - Positive Mindset <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 2</u> - The Reason for Rules <u>Lesson 6</u> - Showing I Am Confident <u>Lesson 7</u> - Setting a Short-Term Goal <u>Lesson 12</u> - Organization is Important <u>Lesson 21</u> - Growth Mindset <u>Lesson 24</u> - How to Evaluate Something <u>Lesson 25</u> - What Is Motivation? <u>Lesson 26</u> - What Is the Purpose of Reflecting?	<u>Lesson 6</u> - Value of Self-Confidence <u>Lesson 7</u> - Goals and Motivation <u>Lesson 8</u> - Respect for My School <u>Lesson 16</u> - Perseverance <u>Lesson 21</u> - Succeeding in a New Situation <u>Lesson 25</u> - Exploring Motivation <u>Lesson 26</u> - Reflecting With Others	<u>Lesson 6</u> - Recovering My Self-Confidence <u>Lesson 10</u> - Making the Right Choices <u>Lesson 16</u> - Improving Myself <u>Lesson 25</u> - Long-Term Motivation <u>Lesson 27</u> - Good Study Skills	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 5</u> - Being a Responsible Citizen <u>Lesson 6</u> - I Am Valuable <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 18</u> - Appreciating Diversity <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 25</u> - Self-Motivation Leads to Success

III.E. Student Competency: Students will understand the relationship of academics to the world of work and to life at home in the community

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
III.E.ii. Goal: Students will understand the relationship between educational achievement and career success	<u>Lesson 2</u> - Following Rules <u>Lesson 7</u> - I Am Growing <u>Lesson 11</u> - Discovering My Strengths <u>Lesson 12</u> - Putting Things in Order <u>Lesson 21</u> - I Can Do It <u>Lesson 25</u> - Why We Go To School <u>Lesson 27</u> - Be A Star Student	<u>Lesson 7</u> - Setting Goals <u>Lesson 21</u> - Positive Mindset <u>Lesson 25</u> - Things I Should Do <u>Lesson 27</u> - Trying My Best	<u>Lesson 2</u> - The Reason for Rules <u>Lesson 6</u> - Showing I Am Confident <u>Lesson 7</u> - Setting a Short-Term Goal <u>Lesson 12</u> - Organization Is Important <u>Lesson 21</u> - Growth Mindset <u>Lesson 24</u> - How to Evaluate Something <u>Lesson 25</u> - What Is Motivation? <u>Lesson 26</u> - What Is the Purpose of Reflecting?	<u>Lesson 7</u> - Goals and Motivation <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 21</u> - Succeeding in a New Situation <u>Lesson 25</u> - Exploring Motivation	<u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 20</u> - Learning From Situations <u>Lesson 27</u> - Good Study Skills	<u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 7</u> - Setting Life Goals <u>Lesson 9</u> - Being a Strong Team Leader <u>Lesson 11</u> - Using My Strengths to Help Others <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 21</u> - Character Helps Me Succeed <u>Lesson 25</u> - Self-Motivation Leads to Success

Texas Counseling Standards Crosswalk

Personal Health and Safety

IV.A. Student Competency: Students incorporate wellness practices into daily living						
Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
IV.A.i. Goal: Students will understand wellness as an element of healthy functioning	<u>Lesson 1</u> - I Am Happy <u>Lesson 16</u> - How I Feel <u>Lesson 17</u> - When I Worry	<u>Lesson 1</u> - Sharing Happiness <u>Lesson 17</u> - I Feel Stressed <u>Lesson 21</u> - Positive Mindset <u>Lesson 31</u> - Big Changes Are Okay	<u>Lesson 1</u> - Identify Strong Feelings <u>Lesson 17</u> - Causes of Stress <u>Lesson 19</u> - People I Can Talk To <u>Lesson 21</u> - Growth Mindset <u>Lesson 22</u> - Controlling My Emotions <u>Lesson 31</u> - What to Do When I Worry	<u>Lesson 1</u> - When I Feel Angry <u>Lesson 2</u> - Making Rules for Myself <u>Lesson 4</u> - Signs of a Strong Friendship <u>Lesson 6</u> - Value of Self-Confidence <u>Lesson 11</u> - Overcoming My Weaknesses <u>Lesson 14</u> - Solving Conflict <u>Lesson 17</u> - Managing Stress	<u>Lesson 1</u> - Understanding My Feelings <u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 10</u> - Making the Right Choices <u>Lesson 12</u> - Optimizing My Time <u>Lesson 15</u> - Preventing the Problem <u>Lesson 17</u> - Different Types of Stress <u>Lesson 22</u> - Controlling My Thoughts	<u>Lesson 1</u> - Dealing with Multiple Feelings <u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 4</u> - Maintaining Friendship Groups <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 17</u> - Consequences of Stress <u>Lesson 22</u> - Impulses and My Brain <u>Lesson 25</u> - Self-Motivation Leads to Success
IV.A.ii. Goal: Students will learn techniques for managing stress	<u>Lesson 1</u> - I Am Happy <u>Lesson 16</u> - How I Feel <u>Lesson 17</u> - When I Worry <u>Lesson 30</u> - Trying New Things	<u>Lesson 1</u> - Sharing Happiness <u>Lesson 6</u> - Building Confidence <u>Lesson 12</u> - Organizing Myself <u>Lesson 15</u> - How I Feel About Problems <u>Lesson 16</u> - Showing My Feelings <u>Lesson 17</u> - I Feel Stressed <u>Lesson 20</u> - Analyzing Situations <u>Lesson 22</u> - Practicing My Self-Control <u>Lesson 31</u> - Big Changes Are Okay	<u>Lesson 1</u> - Identify Strong Feelings <u>Lesson 10</u> - Asking for Help <u>Lesson 12</u> - Organization is Important <u>Lesson 15</u> - Big and Small Problems <u>Lesson 17</u> - Causes of Stress <u>Lesson 19</u> - People I Can Talk To <u>Lesson 22</u> - Controlling My Emotions <u>Lesson 31</u> - What to Do When I Worry	<u>Lesson 1</u> - When I Feel Angry <u>Lesson 12</u> - Organizing and Prioritizing My Work <u>Lesson 14</u> - Solving Conflict <u>Lesson 17</u> - Managing Stress	<u>Lesson 1</u> - Understanding My Feelings <u>Lesson 2</u> - Benefits of Self-Discipline <u>Lesson 10</u> - Making the Right Choices <u>Lesson 12</u> - Optimizing My Time <u>Lesson 15</u> - Preventing the Problem <u>Lesson 17</u> - Different Types of Stress <u>Lesson 21</u> - Being Resilient <u>Lesson 22</u> - Controlling My Thoughts	<u>Lesson 1</u> - Dealing with Multiple Feelings <u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 17</u> - Consequences of Stress <u>Lesson 22</u> - Impulses and My Brain

IV.B. Student Competency: Students demonstrate resiliency and positive coping skills

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
IV.B.i. Goal: Students will effectively manage change	<u>Lesson 6</u> - I Am Confident <u>Lesson 10</u> - Finding My Way <u>Lesson 17</u> - When I Worry <u>Lesson 31</u> - Trying New Things	<u>Lesson 6</u> - Building Confidence <u>Lesson 12</u> - Organizing Myself <u>Lesson 15</u> - How I Feel About Problems <u>Lesson 16</u> - Showing My Feelings <u>Lesson 17</u> - I Feel Stressed <u>Lesson 20</u> - Analyzing Situations <u>Lesson 22</u> - Practicing My Self-Control <u>Lesson 31</u> - Big Changes Are Okay	<u>Lesson 10</u> - Asking for Help <u>Lesson 15</u> - Big and Small Problems <u>Lesson 16</u> - What My Feelings Mean <u>Lesson 17</u> - Causes of Stress <u>Lesson 19</u> - People I Can Talk To <u>Lesson 31</u> - What to Do When I Worry	<u>Lesson 1</u> - When I Feel Angry <u>Lesson 10</u> - Brainstorming Situations <u>Lesson 14</u> - Solving Conflict <u>Lesson 17</u> - Managing Stress <u>Lesson 20</u> - Breaking Down Situations <u>Lesson 21</u> - Succeeding in a New Situation	<u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 10</u> - Making the Right Choices <u>Lesson 17</u> - Different Types of Stress <u>Lesson 20</u> - Learning From Situations <u>Lesson 21</u> - Being Resilient <u>Lesson 25</u> - Long-Term Motivation <u>Lesson 31</u> - What I Feel Anxious About	<u>Lesson 1</u> - Dealing with Multiple Feelings <u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 17</u> - Consequences of Stress <u>Lesson 20</u> - Anticipating a Situation <u>Lesson 22</u> - Impulses and My Brain <u>Lesson 26</u> - Where Do I Go From Here?
IV.B.II. Goal: Students will effectively manage transitions	<u>Lesson 6</u> - I Am Confident <u>Lesson 10</u> - Finding My Way <u>Lesson 17</u> - When I Worry <u>Lesson 31</u> - Trying New Things	<u>Lesson 6</u> - Building Confidence <u>Lesson 12</u> - Organizing Myself <u>Lesson 15</u> - How I Feel About Problems <u>Lesson 16</u> - Showing My Feelings <u>Lesson 17</u> - I Feel Stressed <u>Lesson 20</u> - Analyzing Situations <u>Lesson 22</u> - Practicing My Self-Control <u>Lesson 31</u> - Big Changes Are Okay	<u>Lesson 10</u> - Asking for Help <u>Lesson 15</u> - Big and Small Problems <u>Lesson 16</u> - What My Feelings Mean <u>Lesson 17</u> - Causes of Stress <u>Lesson 19</u> - People I Can Talk To <u>Lesson 31</u> - What to Do When I Worry	<u>Lesson 1</u> - When I Feel Angry <u>Lesson 10</u> - Brainstorming Situations <u>Lesson 14</u> - Solving Conflict <u>Lesson 17</u> - Managing Stress <u>Lesson 20</u> - Breaking Down Situations <u>Lesson 21</u> - Succeeding in a New Situation	<u>Lesson 7</u> - Setting Long-Term Goals <u>Lesson 10</u> - Making the Right Choices <u>Lesson 17</u> - Different Types of Stress <u>Lesson 20</u> - Learning From Situations <u>Lesson 21</u> - Being Resilient <u>Lesson 25</u> - Long-Term Motivation	<u>Lesson 1</u> - Dealing with Multiple Feelings <u>Lesson 2</u> - Practicing Self-Discipline <u>Lesson 10</u> - Short-Term and Long-Term Solutions <u>Lesson 12</u> - Organize, Prioritize, Optimize <u>Lesson 17</u> - Consequences of Stress <u>Lesson 20</u> - Anticipating a Situation <u>Lesson 22</u> - Impulses and My Brain <u>Lesson 26</u> - Where Do I Go From Here?

IV.C. Student Competency: Students possess assertive skills necessary for personal protection

Goal	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
IV.C.i. Goal: Students will demonstrate the ability to set boundaries for physical, social, and emotional protection	<p><u>Lesson 2</u> - Following Rules</p> <p><u>Lesson 14</u> - Sharing and Taking Turns</p> <p><u>Lesson 22</u> - Controlling Myself</p> <p><u>Lesson 28</u> - Using Kind Words</p> <p><u>Lesson 29</u> - Safe and Unsafe Strangers</p>	<p><u>Lesson 2</u> - Rules Help Us</p> <p><u>Lesson 16</u> - Showing My Feelings</p> <p><u>Lesson 28</u> - Standing Up for Me</p> <p><u>Lesson 29</u> - Safe and Unsafe Touch</p>	<p><u>Lesson 2</u> - The Reason for Rules</p> <p><u>Lesson 5</u> - Trustworthiness</p> <p><u>Lesson 19</u> - People I Can Talk To</p> <p><u>Lesson 22</u> - Controlling My Emotions</p>	<p><u>Lesson 2</u> - Making Rules for Myself</p> <p><u>Lesson 20</u> - Breaking Down Situations</p> <p><u>Lesson 28</u> - Assertiveness and Bullying</p>	<p><u>Lesson 10</u> - Making the Right Choices</p> <p><u>Lesson 14</u> - What Is Bullying?</p> <p><u>Lesson 15</u> - Preventing the Problem</p> <p><u>Lesson 17</u> - Different Types of Stress</p>	<p><u>Lesson 2</u> - Practicing Self-Discipline</p> <p><u>Lesson 14</u> - Conflict vs. Bullying</p> <p><u>Lesson 17</u> - Consequences of Stress</p> <p><u>Lesson 19</u> - Having Difficult Conversations</p> <p><u>Lesson 20</u> - Anticipating a Situation</p> <p><u>Lesson 22</u> - Impulses and My Brain</p>
IV.C.ii. Goal: Students will demonstrate an appreciation for the rights of others to have a physically, emotionally, and socially safe environment	<p><u>Lesson 2</u> - Following Rules</p> <p><u>Lesson 14</u> - Sharing and Taking Turns</p> <p><u>Lesson 22</u> - Controlling Myself</p> <p><u>Lesson 28</u> - Using Kind Words</p> <p><u>Lesson 29</u> - Safe and Unsafe Strangers</p>	<p><u>Lesson 2</u> - Rules Help Us</p> <p><u>Lesson 5</u> - What I Care About</p> <p><u>Lesson 8</u> - Good Manners</p> <p><u>Lesson 14</u> - The Golden Rule</p> <p><u>Lesson 29</u> - Safe and Unsafe Touch</p>	<p><u>Lesson 2</u> - The Reason for Rules</p> <p><u>Lesson 5</u> - Trustworthiness</p> <p><u>Lesson 22</u> - Controlling My Emotions</p>	<p><u>Lesson 1</u> - When I Feel Angry</p> <p><u>Lesson 2</u> - Making Rules for Myself</p> <p><u>Lesson 5</u> - My Responsibilities</p> <p><u>Lesson 8</u> - Respect for My School</p> <p><u>Lesson 23</u> - My World Is Bigger Than Me</p> <p><u>Lesson 28</u> - Assertiveness and Bullying</p>	<p><u>Lesson 5</u> - Understanding Right From Wrong</p> <p><u>Lesson 8</u> - Respect for My Community</p> <p><u>Lesson 10</u> - Making the Right Choices</p> <p><u>Lesson 14</u> - What Is Bullying?</p> <p><u>Lesson 15</u> - Preventing the Problem</p> <p><u>Lesson 17</u> - Different Types of Stress</p> <p><u>Lesson 23</u> - How to Express Empathy</p>	<p><u>Lesson 5</u> - Being a Responsible Citizen</p> <p><u>Lesson 8</u> - Respect for the Planet</p> <p><u>Lesson 11</u> - Using My Strengths to Help Others</p> <p><u>Lesson 14</u> - Conflict vs. Bullying</p> <p><u>Lesson 15</u> - My Friend Has a Problem</p> <p><u>Lesson 17</u> - Consequences of Stress</p> <p><u>Lesson 19</u> - Having Difficult Conversations</p> <p><u>Lesson 20</u> - Anticipating a Situation</p> <p><u>Lesson 23</u> - Empathy in Action</p>