



Positive Character Traits
TEKS Crosswalk
Grades K–5



K–2 Positive Character Traits Crosswalk • TEKS



Standard	Description	Health Lessons
Trustworthiness		
The student understands how personal choices and actions relate to character building. The student is expected to:		
1.A (K)	Describe how personal choices lead to personal actions	General Health: Exploring My Health
		General Health: What Is a Healthy Behavior?
		Healthy Practices and Hygiene: Hygiene Skills
		Healthy Practices and Hygiene: My Teeth and Mouth
		Healthy Practices and Hygiene: What Is Exercise?
		Healthy Practices and Hygiene: Introducing the Importance of Sleep
		Mental Health and Wellness: Controlling Myself
		Healthy Eating and Nutrition: Food and My Body
		Healthy Eating and Nutrition: Can I Eat Anything I Want?
1.A (1)	Describe how personal choices lead to personal actions	Social Behavior: Standing Up for Myself
		Mental Health and Wellness: Choosing a Positive Mindset
		Disease and Illness Prevention: Staying Healthy - Going Deeper
		Safety and Accident Prevention: Choosing Safe Situations
1.A (2)	Describe how personal choices lead to personal actions	Responsible Decision Making: Making Healthy Decisions
		Healthy Practices and Hygiene: Consequences of Poor Hygiene
		Mental Health and Wellness: Choosing a Growth Mindset
1.B (K)	Explain what it means to be trustworthy	Social Behavior: Making New Friends
		Social Behavior: What are Healthy Relationships?
1.B (1)	Explain what it means to be trustworthy	General Health: What Influences My Health Behaviors?
		Social Behavior: Building Relationships with Trusted Adults
1.B (2)	Explain what it means to be trustworthy	Social Behavior: Qualities of a Good Friend
		Social Behavior: Building Relationships With Trusted Adults - Going Deeper
		Mental Health and Wellness: Identifying Strong Feelings
1.C (K)	Identify personal actions that build trustworthiness, including being honest and punctual	Social Behavior: Learning to Listen
		Social Behavior: Making New Friends
		Social Behavior: What are Healthy Relationships?
1.C (1)	Identify personal actions that build trustworthiness, including being honest and punctual	Social Behavior: Sharing My Strengths
		Social Behavior: Building Relationships with Trusted Adults
		Social Behavior: Standing Up for Myself
1.C (2)	Identify personal actions that build trustworthiness, including being honest and punctual	Social Behavior: Asking for Help
		Social Behavior: Qualities of a Good Friend
		Responsible Decision Making: Making Healthy Decisions
Responsibility		
The student understands the concept of personal responsibility and how personal actions demonstrate responsibility. The student is expected to:		
2.A (K)	Describe and give examples of how feelings and beliefs influence personal actions	Responsible Decision Making: Discovering Short and Long-Term Goals
		Mental Health and Wellness: What Are Emotions?
		Mental Health and Wellness: When I Feel Worried
		Mental Health and Wellness: Controlling Myself
		Mental Health and Wellness: How Do I Feel?

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Standard	Description	Health Lessons
2.A (1)	Describe and give examples of how feelings and beliefs influence personal actions	Mental Health and Wellness: Sharing Happiness
		Mental Health and Wellness: Recognizing Stress
		Mental Health and Wellness: Choosing a Positive Mindset
		Mental Health and Wellness: Showing My Feelings
2.A (2)	Describe and give examples of how feelings and beliefs influence personal actions	Mental Health and Wellness: What My Feelings Mean
		Mental Health and Wellness: My Personal Stressors
		Mental Health and Wellness: Choosing a Growth Mindset
		Mental Health and Wellness: Identifying Strong Feelings
2.B (K)	Describe how to make personal choices before speaking and acting	General Health: What Is an Emergency?
		Social Behavior: Learning to Listen
		Social Behavior: Using Kind Words
		Responsible Decision Making: I Can Make It Better
		Mental Health and Wellness: Controlling Myself
2.B (1)	Describe how to make personal choices before speaking and acting	Social Behavior: Expressing Your Feelings
		Social Behavior: Standing Up for Myself
		Mental Health and Wellness: Choosing a Positive Mindset
		Healthy Eating and Nutrition: Portion Control
		Healthy Eating and Nutrition: Avoidance - Substances
2.B (2)	Describe how to make personal choices before speaking and acting	General Health: Reducing Emergency-Causing Hazards
		Responsible Decision Making: Making Healthy Decisions
		Healthy Practices and Hygiene: Discovering What Exercise is Right for Me
		Mental Health and Wellness: Choosing a Growth Mindset
		Safety and Accident Prevention: Saying No in Risky Situations*
2.C (K)	Define self-control and identify instances in which self-control is important	Responsible Decision Making: Explore - Getting Help with Online Safety
		Mental Health and Wellness: When I Feel Worried
		Mental Health and Wellness: Controlling Myself
		Healthy Eating and Nutrition: Eating Habits
		Healthy Eating and Nutrition: Harmful Effects - Substances
2.C (1)	Define self-control and identify instances in which self-control is important	Social Behavior: Expressing Your Feelings
		Mental Health and Wellness: Recognizing Stress
		Healthy Eating and Nutrition: Portion Control
		Healthy Eating and Nutrition: Avoidance - Substances
		Safety and Accident Prevention: Choosing Safe Situations
2.C (2)	Define self-control and identify instances in which self-control is important	Social Behavior: Bullies, Bystanders, and Victims
		Responsible Decision Making: Making Healthy Decisions
		Responsible Decision Making: Introduce - Communicating Online
		Mental Health and Wellness: Identifying Strong Feelings
		Safety and Accident Prevention: Saying No in Risky Situations*

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Standard	Description	Health Lessons
Caring		
The student understands how personal actions demonstrate characteristics of caring. The student is expected to:		
3.A (K)	Define patience and identify actions that demonstrate patience	Social Behavior: Learning to Listen
		Social Behavior: Making New Friends
		Social Behavior: Using Kind Words
		Responsible Decision Making: What Is a Problem?
		Responsible Decision Making: I Can Make It Better
		Mental Health and Wellness: Controlling Myself
3.A (1)	Define patience and identify actions that demonstrate patience	Social Behavior: Building Relationships with Trusted Adults
		Responsible Decision Making: Working Through Problems
		Responsible Decision Making: Understanding What Worked
3.A (2)	Define patience and identify actions that demonstrate patience	Social Behavior: Asking for Help
		Social Behavior: Qualities of a Good Friend
		Responsible Decision Making: Making Healthy Decisions
		Mental Health and Wellness: Choosing a Growth Mindset
3.B (K)	Explain and identify examples of how actions can demonstrate kindness to others	Social Behavior: Learning to Listen
		Social Behavior: Making New Friends
		Social Behavior: What are Healthy Relationships?
		Mental Health and Wellness: What Are Emotions?
		Mental Health and Wellness: How Do I Feel?
3.B (1)	Explain and identify examples of how actions can demonstrate kindness to others	General Health: My Health, My Responsibility
		General Health: Who Is a Healthy Helper?
		Social Behavior: Expressing Your Feelings
		Social Behavior: Sharing My Strengths
		Social Behavior: Standing Up for Myself
		Responsible Decision Making: Working Through Problems
		Mental Health and Wellness: Sharing Happiness
3.B (2)	Explain and identify examples of how actions can demonstrate kindness to others	Social Behavior: Qualities of a Good Friend
		Responsible Decision Making: Problems Big and Small
		Responsible Decision Making: Introduce - Communicating Online
		Mental Health and Wellness: Choosing a Growth Mindset
		Mental Health and Wellness: Identifying Strong Feelings
Citizenship		
The student understands how personal actions can demonstrate good citizenship. The student is expected to:		
4.A (K)	Define fairness and identify examples of fairness in a variety of situations	Social Behavior: Learning to Listen
		Social Behavior: Making New Friends
		Social Behavior: What are Healthy Relationships?
		Social Behavior: Using Kind Words
		Responsible Decision Making: What Is a Problem?
4.A (1)	Define fairness and identify examples of fairness in a variety of situations	Social Behavior: Standing Up for Myself
		Responsible Decision Making: Working Through Problems
		Mental Health and Wellness: Showing My Feelings

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Standard	Description	Health Lessons
4.A (2)	Define fairness and identify examples of fairness in a variety of situations	Social Behavior: Asking for Help
		Social Behavior: Qualities of a Good Friend
		Social Behavior: Bullies, Bystanders, and Victims
4.B (K)	Define and identify examples of patriotism	Health Toolbox: What Is Patriotism?
4.B (1)	Define and identify examples of patriotism	Health Toolbox: What Is Patriotism?
4.B (2)	Define and identify examples of patriotism	Health Toolbox: What Is Patriotism?
4.C (K)	Explain what it means to demonstrate respect and courtesy and why it is important to demonstrate respect and courtesy to others	General Health: What Is Healthy Help?
		Social Behavior: Learning to Listen
		Social Behavior: Making New Friends
		Social Behavior: What are Healthy Relationships?
		Social Behavior: Using Kind Words
		Responsible Decision Making: What Is a Problem?
		Mental Health and Wellness: Controlling Myself
4.C (1)	Explain what it means to demonstrate respect and courtesy and why it is important to demonstrate respect and courtesy to others	Social Behavior: Expressing Your Feelings
		Social Behavior: Building Relationships with Trusted Adults
		Social Behavior: Standing Up for Myself
		Responsible Decision Making: Working Through Problems
		Mental Health and Wellness: Showing My Feelings
4.C (2)	Explain what it means to demonstrate respect and courtesy and why it is important to demonstrate respect and courtesy to others	Social Behavior: Asking for Help
		Social Behavior: Qualities of a Good Friend
		Social Behavior: Bullies, Bystanders, and Victims
		Safety and Accident Prevention: Saying No in Risky Situations*
4.D (K)	Define good citizenship	Social Behavior: Making New Friends
		Social Behavior: Using Kind Words
		Responsible Decision Making: I Can Make It Better
4.D (1)	Define good citizenship	Social Behavior: Sharing My Strengths
		Mental Health and Wellness: Sharing Happiness
		Safety and Accident Prevention: Choosing Safe Situations
4.D (2)	Define good citizenship	Social Behavior: Qualities of a Good Friend
		Social Behavior: Bullies, Bystanders, and Victims
		Safety and Accident Prevention: Playground Safety

3-5 Positive Character Traits Crosswalk • TEKS



Standard	Description	Health Lessons
Trustworthiness		
The student understands how personal responsibility relates to being trustworthy. The student is expected to:		
1.A (3)	Identify and define traits of trustworthiness, including reliability and loyalty	General Health: Cultural Influences on Health
		Social Behavior: Healthy and Unhealthy Friendships
		Social Behavior: Healthy and Unhealthy Influences
1.A (4)	Identify and define traits of trustworthiness, including reliability and loyalty	General Health: Discover - Managing My Health Influences
		General Health: Finding the Right Healthy Helper
		Social Behavior: Respecting Individual Differences
		Social Behavior: Healthy and Unhealthy Influences - Going Deeper
		Social Behavior: Standing Up for Others
1.A (5)	Identify and define traits of trustworthiness, including reliability and loyalty	General Health: Managing My Health Influences
		General Health: Finding Healthy Help Online
		Social Behavior: Relationship Boundaries*
		Responsible Decision Making: Using Data to Inform My Decisions
1.B (3)	Identify and practice strategies for being honest and punctual	Social Behavior: Healthy and Unhealthy Friendships
		Responsible Decision Making: Setting My Intentions
		Responsible Decision Making: Time Management and Goal Setting
		Responsible Decision Making: Communicating Online
		Safety and Accident Prevention: Personal Safety Assistance*
1.B (4)	Identify and practice strategies for being honest and punctual	Responsible Decision Making: Sharing Information Online
		Healthy Practices and Hygiene: Creating Healthy Habits
		Safety and Accident Prevention: Setting Personal Boundaries*
1.B (5)	Identify and practice strategies for being honest and punctual	Social Behavior: Having Difficult Conversations
		Social Behavior: Conflict or Bullying?
		Mental Health and Wellness: When to Ask for Help
		Mental Health and Wellness: Consequences of Stress
1.C (3)	Define and identify examples of unethical behavior	Social Behavior: Assertiveness and Bullying
		Healthy Eating and Nutrition: Peer Influence - Substances
		Safety and Accident Prevention: Personal Safety Assistance*
		Safety and Accident Prevention: Safe Spaces in the Community
1.C (4)	Define and identify examples of unethical behavior	Responsible Decision Making: Sharing Information Online
		Healthy Eating and Nutrition: Refusal Skills - Substances
		Safety and Accident Prevention: Setting Personal Boundaries*
		Safety and Accident Prevention: Situational Awareness
1.C (5)	Define and identify examples of unethical behavior	Safety and Accident Prevention: Evaluating Personal Safety*
		Safety and Accident Prevention: Human Trafficking and Gangs*
		Safety and Accident Prevention: Dangers of Guns and Other Weapons*

3-5 Positive Character Traits Crosswalk • TEKS



Standard	Description	Health Lessons
Responsibility		
The student understands how personal choices are associated with responsibility. The student is expected to:		
2.A (3)	Explain what it means to be responsible for personal decisions and actions	General Health: When Should I Ask for Help?
		Social Behavior: Resolving Conflicts
		Responsible Decision Making: Setting My Intentions
		Responsible Decision Making: Time Management and Goal Setting
		Mental Health and Wellness: Managing My Stress
		Mental Health and Wellness: Overcoming My Weaknesses
		Disease and Illness Prevention: Avoiding Misuse of Medications
2.A (4)	Explain what it means to be responsible for personal decisions and actions	Social Behavior: Respecting Individual Differences
		Responsible Decision Making: Learning from Situations
		Responsible Decision Making: Evaluating My Decisions
		Responsible Decision Making: Steps to Achieving My Goal
		Mental Health and Wellness: Managing Overwhelming Emotions
		Mental Health and Wellness: Improving Myself
		Safety and Accident Prevention: Setting Personal Boundaries*
2.A (5)	Explain what it means to be responsible for personal decisions and actions	General Health: Planning My Healthy Future
		General Health: Managing My Health Influences
		General Health: Creating an Emergency Plan
		Responsible Decision Making: Using Data to Inform My Decisions
		Responsible Decision Making: Tracking My Progress and Perseverance
		Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
		Mental Health and Wellness: Managing Multiple Feelings
		Safety and Accident Prevention: Evaluating Personal Safety*
2.B (3)	Describe positive and negative consequences of personal decisions and actions	Responsible Decision Making: Evaluating Solutions and Consequences
		Responsible Decision Making: Communicating Online
		Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper
		Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper
		Mental Health and Wellness: When I Feel Angry
		Healthy Eating and Nutrition: Peer Influence - Substances
		Disease and Illness Prevention: Avoiding Misuse of Medications
2.B (4)	Describe positive and negative consequences of personal decisions and actions	General Health: Preventing an Emergency
		Responsible Decision Making: Learning from Situations
		Responsible Decision Making: Evaluating My Decisions
		Responsible Decision Making: Sharing Information Online
		Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth
		Mental Health and Wellness: Improving Myself
		Safety and Accident Prevention: Setting Personal Boundaries*

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Standard	Description	Health Lessons
2.B (5)	Describe positive and negative consequences of personal decisions and actions	Social Behavior: Having Difficult Conversations
		Social Behavior: Relationship Boundaries*
		Social Behavior: Conflict or Bullying?
		Responsible Decision Making: Using Data to Inform My Decisions
		Responsible Decision Making: Identity Protection*
		Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
		Mental Health and Wellness: Consequences of Stress
		Healthy Eating and Nutrition: Eating Disorders
2.C (3)	Identify and demonstrate ways to practice self-control;	Mental Health and Wellness: Healthy Coping Strategies
		Mental Health and Wellness: When I Feel Angry
		Healthy Eating and Nutrition: Peer Influence - Substances
		Disease and Illness Prevention: Avoiding Misuse of Medications
2.C (4)	Identify and demonstrate ways to practice self-control;	Healthy Practices and Hygiene: Exercise and My Well-Being
		Mental Health and Wellness: Managing Overwhelming Emotions
		Healthy Eating and Nutrition: Refusal Skills - Substances
		Safety and Accident Prevention: Setting Personal Boundaries*
2.C (5)	Identify and demonstrate ways to practice self-control;	Social Behavior: Having Difficult Conversations
		Social Behavior: Relationship Boundaries*
		Mental Health and Wellness: Managing Multiple Feelings
		Healthy Eating and Nutrition: Eating Disorders
		Disease and Illness Prevention: Managing Common Illnesses and Diseases
2.D (3)	Describe the relationship between being responsible and being accountable	General Health: When Should I Ask for Help?
		Social Behavior: Resolving Conflicts
		Responsible Decision Making: Evaluating Solutions and Consequences
		Healthy Eating and Nutrition: Making Nutritional Choices
		Healthy Eating and Nutrition: Peer Influence - Substances
2.D (4)	Describe the relationship between being responsible and being accountable	General Health: Preventing an Emergency
		Responsible Decision Making: Evaluating My Decisions
		Healthy Practices and Hygiene: Creating Healthy Habits
		Healthy Practices and Hygiene: Setting Sleep Routines
		Mental Health and Wellness: Improving Myself
		Healthy Eating and Nutrition: Refusal Skills - Substances
		Safety and Accident Prevention: Setting Personal Boundaries*

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Standard	Description	Health Lessons
2.D (5)	Describe the relationship between being responsible and being accountable	General Health: Managing My Health Influences
		Social Behavior: Relationship Boundaries*
		Responsible Decision Making: Identity Protection*
		Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
		Safety and Accident Prevention: Advocating for Accident Prevention
		Safety and Accident Prevention: Human Trafficking and Gangs*
		Safety and Accident Prevention: Dangers of Guns and Other Weapons*
Caring		
The student understands how personal actions demonstrate characteristics of caring. The student is expected to:		
3.A (3)	Describe how feelings impact decision making and behaviors	Social Behavior: Resolving Conflicts
		Social Behavior: Healthy and Unhealthy Friendships
		Social Behavior: Healthy and Unhealthy Influences
		Responsible Decision Making: Setting My Intentions
		Mental Health and Wellness: Healthy Coping Strategies
		Mental Health and Wellness: Managing My Stress
		Mental Health and Wellness: When I Feel Angry
3.A (4)	Describe how feelings impact decision making and behaviors	Social Behavior: Reading Body Language
		Social Behavior: Respecting Individual Differences
		Responsible Decision Making: Learning from Situations
		Responsible Decision Making: Evaluating My Decisions
		Mental Health and Wellness: Managing Overwhelming Emotions
		Mental Health and Wellness: When I Feel Anxious
		Disease and Illness Prevention: Caring for My Mental Health
3.A (5)	Describe how feelings impact decision making and behaviors	Social Behavior: Having Difficult Conversations
		Social Behavior: Relationship Boundaries*
		Mental Health and Wellness: When to Ask for Help
		Mental Health and Wellness: Using My Strengths to Help Others
		Mental Health and Wellness: Managing Multiple Feelings
		Disease and Illness Prevention: Where to Go if I Feel Sad
3.B (3)	Explain how one can show patience, consideration, and compassion	Social Behavior: Resolving Conflicts
		Social Behavior: Healthy and Unhealthy Friendships
		Social Behavior: Healthy and Unhealthy Influences
		Social Behavior: Assertiveness and Bullying
		Responsible Decision Making: Communicating Online
		Mental Health and Wellness: When I Feel Angry
3.B (4)	Explain how one can show patience, consideration, and compassion	Social Behavior: Reading Body Language
		Social Behavior: Respecting Individual Differences
		Social Behavior: Standing Up for Others
		Mental Health and Wellness: Managing Overwhelming Emotions
		Mental Health and Wellness: When I Feel Anxious
		Mental Health and Wellness: Expressing Empathy

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Standard	Description	Health Lessons
3.B (5)	Explain how one can show patience, consideration, and compassion	Social Behavior: Having Difficult Conversations
		Social Behavior: Appreciating Diversity
		Social Behavior: Relationship Boundaries*
		Responsible Decision Making: Problem Solving Strategies
		Mental Health and Wellness: Managing Multiple Feelings
		Safety and Accident Prevention: Advocating for Accident Prevention
3.C (3)	Define empathy and discuss the connection between empathy and charity	Social Behavior: Resolving Conflicts
		Social Behavior: Healthy and Unhealthy Friendships
		Safety and Accident Prevention: Safe Spaces in the Community
3.C (4)	Define empathy and discuss the connection between empathy and charity	Social Behavior: Reading Body Language
		Social Behavior: Respecting Individual Differences
		Social Behavior: Standing Up for Others
		Mental Health and Wellness: Managing Overwhelming Emotions
		Mental Health and Wellness: Expressing Empathy
3.C (5)	Define empathy and discuss the connection between empathy and charity	Social Behavior: Having Difficult Conversations
		Social Behavior: Appreciating Diversity
		Social Behavior: Relationship Boundaries*
		Mental Health and Wellness: Using My Strengths to Help Others
		Mental Health and Wellness: Managing Multiple Feelings
Citizenship		
The student understands that personal responsibility is associated with citizenship.The student is expected to:		
4.A (3)	Describe the differences and similarities among gratitude, respect, and courtesy	Social Behavior: Resolving Conflicts
		Social Behavior: Healthy and Unhealthy Friendships
		Social Behavior: Assertiveness and Bullying
		Responsible Decision Making: Evaluating Solutions and Consequences
		Mental Health and Wellness: When I Feel Angry
4.A (4)	Describe the differences and similarities among gratitude, respect, and courtesy	Social Behavior: Respecting Individual Differences
		Social Behavior: Standing Up for Others
		Mental Health and Wellness: Expressing Empathy
		Safety and Accident Prevention: Setting Personal Boundaries*
4.A (5)	Describe the differences and similarities among gratitude, respect, and courtesy	Social Behavior: Having Difficult Conversations
		Social Behavior: Appreciating Diversity
		Social Behavior: Relationship Boundaries*
		Social Behavior: Conflict or Bullying?
4.B (3)	Compare fairness and justice	Social Behavior: Resolving Conflicts
		Responsible Decision Making: Evaluating Solutions and Consequences
4.B (4)	Compare fairness and justice	Responsible Decision Making: Learning from Situations
		Responsible Decision Making: Evaluating My Decisions
4.B (5)	Compare fairness and justice	Social Behavior: Having Difficult Conversations
		Social Behavior: Conflict or Bullying?
		Responsible Decision Making: Problem Solving Strategies

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Standard	Description	Health Lessons
4.C (3)	Discuss the importance of obeying laws and rules	General Health: Fire Safety
		Social Behavior: Resolving Conflicts
		Responsible Decision Making: Evaluating Solutions and Consequences
		Responsible Decision Making: Communicating Online
		Healthy Eating and Nutrition: Peer Influence - Substances
		Safety and Accident Prevention: Water Safety
4.C (4)	Discuss the importance of obeying laws and rules	General Health: Preventing an Emergency
		Responsible Decision Making: Sharing Information Online
		Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
4.C (5)	Discuss the importance of obeying laws and rules	Responsible Decision Making: Identity Protection*
		Disease and Illness Prevention: Home, School, and Community
		Safety and Accident Prevention: Human Trafficking and Gangs*
		Safety and Accident Prevention: Dangers of Guns and Other Weapons*



**Growing Stronger
Bodies & Minds**