

# Being Kind to Ourselves Unit Standards Key

## Grade 6 Ages 11-13

### COMMON CORE STANDARDS

([www.corestandards.org](http://www.corestandards.org))

#### 1. Speaking & Listening

CCSS.ELA-Literacy.SL.6.1: Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly.

CCSS.ELA-Literacy.SL.6.1b: Follow rules for collegial discussions, set specific goals and deadlines, and define individual roles as needed.

CCSS.ELA-Literacy.SL.6.1c: Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text, or issue under discussion.

CCSS.ELA-Literacy.SL.6.1d: Review the key ideas expressed and demonstrate understanding of multiple perspectives through reflection and paraphrasing.

CCSS.ELA-Literacy.SL.6.2: Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.

#### 2. Language

CCSS.ELA-Literacy.L.6.1: Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

#### 3. Mathematics

CCSS.Math.Content.6.SP.B.4: Display numerical data in plots on a number line, including dot plots, histograms, and box plots.

CCSS.Math.Content.6.SP.B.5: Summarize numerical data sets in relation to their context

### COLORADO P-12 ACADEMIC

**STANDARDS** <http://www.cde.state.co.us/StandardsAndInstruction/ColoradoStandards-AcademicStandards.asp>

#### 1. Comprehensive Health

Standard 3. Emotional and Social Wellness in Health

Grade Level Expectation (GLE): 1. Understand how to be mentally and emotionally healthy Evidence Outcome (EO): Students can:

- Explain the interrelationship of physical, mental, emotional, social, and spiritual health
- Analyze the relationship between feelings and behavior
- Explain appropriate ways to express needs, wants, and feelings

Inquiry Question (IQ): 1. How can feelings affect behavior?

#### 2. Reading, Writing and Communicating

Standard 1. Oral Expression and Listening

Grade Level Expectation (GLE): 1. Successful group discussions require planning and participation by all

Evidence Outcome (EO):

- Students can engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly
- Follow rules for collegial discussions, set specific goals and deadlines, and define individual roles as needed
- Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text, or issue under discussion

e. Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study

Standard 4: Research and Reasoning

Grade Level Expectation (GLE): 3. Monitor the thinking of self and others as a disciplined way to maintain awareness.

Evidence Outcomes (EO): Students can:

- Determine strengths and weaknesses of their thinking and thinking of others by using criteria including relevance, clarity, accuracy, fairness, significance, depth, breadth, logic, and precision
- Take control over their thinking to determine when thinking should be questioned and when it should be accepted (intellectual autonomy)

#### 3. Mathematics

Grade Level Expectation (GLE): 1. Visual displays and summary statistics of one-variable data condense the information in data sets into usable knowledge

Evidence Outcomes (EO): Students can:

- Summarize and describe distributions.
- Display numerical data in plots on a number line, including dot plots, histograms, and box plots
- Summarize numerical data sets in relation to their context

### OTHER STANDARDS MET

#### 1. 21st Century Skills ([www.p21.org](http://www.p21.org))

Learning and Innovation Skills

- Critical Thinking: Reason effectively, make judgments and decisions, solve problems

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b. Communicate clearly and collaborate with others

c. Creativity and Innovation: Think creatively and work creatively with others

### Life and Career Skills

a. Initiative and Self Direction: Manage goals and time, work independently, be self-directed learners

b. Social and Cross-Cultural Skills: Interact effectively with others

### **2. Social and Emotional Standards** ([www.casel.org](http://www.casel.org))

Self-awareness - Reflecting on Self-Kindness, Finding our Resilience, Positive Self-Talk, Monitoring Your Well-Being

Social awareness - Finding our Resilience

Self-management - Reflecting on Self-Kindness, Finding our Resilience, Positive Self-Talk, Monitoring Your Well-Being