## Courage Unit

This Standards Map summarizes each of the standards met by all lessons within this unit. All [Kindness in the Classroom®](#) lesson plans have been mapped to the five [CASEL Core Social Emotional Learning (SEL) Competencies](#), the [Centers for Disease Control and Prevention's National Health Education Standards (NHES)](#), and the national [Common Core State Standards](#) for English Language Arts & Literacy and Mathematics. Utilization and adoption of these national standards and competencies vary by state. Teachers can use this resource to align their own state standards with each lesson.

### Lesson 1: I Believe in Super ME!

<table>
<thead>
<tr>
<th>CASEL</th>
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<th>Common Core</th>
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<tbody>
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<td><strong>Standard 4. Interpersonal communication</strong></td>
<td><strong>English Language Arts Standards</strong></td>
</tr>
<tr>
<td>Identifying emotions</td>
<td>4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.</td>
<td><strong>Reading: Foundational Skills</strong></td>
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<tr>
<td>Accurate self-perception</td>
<td></td>
<td><strong>Fluency:</strong></td>
</tr>
<tr>
<td>Recognizing strengths</td>
<td></td>
<td>CCSS.ELA-LITERACY.RF.2.4.A</td>
</tr>
<tr>
<td>Self-confidence</td>
<td></td>
<td>Read grade-level text with purpose and understanding.</td>
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<tr>
<td>Self-efficacy</td>
<td></td>
<td><strong>Writing</strong></td>
</tr>
<tr>
<td><strong>Self-management</strong></td>
<td><strong>Standard 7. Practicing healthy behaviors</strong></td>
<td><strong>Research to Build and Present Knowledge:</strong></td>
</tr>
<tr>
<td>Impulse control</td>
<td>7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.</td>
<td>CCSS.ELA-LITERACY.W.2.8</td>
</tr>
<tr>
<td>Self-discipline</td>
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<td>Recall information from experiences or gather information from provided sources to answer a question.</td>
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<td>Self-motivation</td>
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<td><strong>Comprehension and Collaboration:</strong></td>
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<td><strong>Social awareness</strong></td>
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<td>Perspective-taking</td>
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<td>Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.</td>
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<td>CCSS.ELA-LITERACY.SL.2.1.A</td>
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<td><strong>Responsible decision-making</strong></td>
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<td>Identifying problems</td>
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<td>CCSS.ELA-LITERACY.SL.2.1.B</td>
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<tr>
<td>Analyzing situations</td>
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<tr>
<td>Solving problems</td>
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<td>CCSS.ELA-LITERACY.SL.2.1.C</td>
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<td>Evaluating</td>
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<td>Ask for clarification and further explanation as needed about the topics and texts under discussion.</td>
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<tr>
<td>Reflecting</td>
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<td>CCSS.ELA-LITERACY.SL.2.2</td>
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<td>Ethical responsibility</td>
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<td>Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.</td>
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<td><strong>Presentation of Knowledge and Ideas:</strong></td>
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<td>Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.</td>
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Language

Conventions of Standard English:
CCSS.ELA-LITERACY.L.2.1
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
CCSS.ELA-LITERACY.L.2.2
Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

Knowledge of Language:
CCSS.ELA-LITERACY.L.2.3
Use knowledge of language and its conventions when writing, speaking, reading, or listening.

Vocabulary Acquisition and Use:
CCSS.ELA-LITERACY.L.2.5
Demonstrate understanding of word relationships and nuances in word meanings.
CCSS.ELA-LITERACY.L.2.5.A
Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy).
Lesson 2: I Do / They Feel

**CASEL**

**Self-awareness**
- Identifying emotions
- Accurate self-perception

**Self-management**
- Impulse control
- Self-discipline
- Self-motivation

**Social awareness**
- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

**Relationship skills**
- Communication
- Social engagement
- Relationship-building
- Teamwork

**Responsible decision-making**
- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

**NHES**

**Standard 4. Interpersonal communication**
4.2.1 - Demonstrate healthy ways to express needs, wants, and feelings.

**Standard 5. Decision-making**
5.2.1 - Identify situations when a health-related decision is needed.

**Standard 7. Practicing healthy behaviors**
7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.

**Common Core**

**English Language Arts Standards**

**Reading: Foundational Skills**

**Fluency:**
CCSS.ELA-LITERACY.RF.2.4.A
Read grade-level text with purpose and understanding.

**Writing**

**Research to Build and Present Knowledge:**
CCSS.ELA-LITERACY.W.2.8
Recall information from experiences or gather information from provided sources to answer a question.

**Speaking & Listening**

**Comprehension and Collaboration:**
CCSS.ELA-LITERACY.SL.2.1
Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.
CCSS.ELA-LITERACY.SL.2.1.A
Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
CCSS.ELA-LITERACY.SL.2.1.B
Build on others’ talk in conversations by linking their comments to the remarks of others.
CCSS.ELA-LITERACY.SL.2.1.C
Ask for clarification and further explanation as needed about the topics and texts under discussion.
CCSS.ELA-LITERACY.SL.2.2
Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.
CCSS.ELA-LITERACY.SL.2.3
Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

**Presentation of Knowledge and Ideas:**
CCSS.ELA-LITERACY.SL.2.4
Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.

**Language**

**Conventions of Standard English:**
CCSS.ELA-LITERACY.L.2.1
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
CCSS.ELA-LITERACY.L.2.2
Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

**Knowledge of Language:**
CCSS.ELA-LITERACY.L.2.3
Use knowledge of language and its conventions when writing, speaking, reading, or listening.

**Vocabulary Acquisition and Use:**
CCSS.ELA-LITERACY.L.2.5
Demonstrate understanding of word relationships and nuances in word meanings.
CCSS.ELA-LITERACY.L.2.5.A
Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy).
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**Speaking & Listening**  
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Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.  
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**Vocabulary Acquisition and Use:**  
CCSS.ELA-LITERACY.L.2.5  
Demonstrate understanding of word relationships and nuances in word meanings.  
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Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy). |

**Self-confidence**  
**Self-efficacy**  
**Self-management**  
Self-discipline  
Self-motivation  
Goal-setting  
Organizational skills  
**Social awareness**  
Perspective-taking  
Empathy  
Respect for others  
**Relationship skills**  
Communication  
Social engagement  
Relationship-building  
Teamwork  
**Responsible decision-making**  
Identifying problems  
Analyzing situations  
Solving problems  
Evaluating  
Reflecting  
Ethical responsibility
## Lesson 4: Random Acts of Kindness: Desk Notes

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<td></td>
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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

https://casel.org/guide/kindness-in-the-classroom/