# 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 & 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: Try New Things: Courage Dance Party

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<thead>
<tr>
<th>CASEL</th>
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</table>
| **Self-awareness**  
Identifying emotions  
Accurate self-perception  
Recognizing strengths  
Self-confidence  
Self-efficacy | **Standard 1. Understanding concepts**  
1.5.2 - Identify examples of emotional, intellectual, physical, and social health. | **English Language Arts Standards**  
Writing  
**Text Types and Purposes:**  
CCSS.ELA-LITERACY.W.5.2  
Write informative/explanatory texts to examine a topic and convey ideas and information clearly. |
| **Social awareness**  
Perspective-taking  
Empathy | **Standard 4. Interpersonal communication**  
4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health. | **Speaking and Listening**  
Comprehension and Collaboration:  
CCSS.ELA-LITERACY.SL.5.1  
Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others’ ideas and expressing their own clearly.  
CCSS.ELA-LITERACY.SL.5.1.B  
Follow agreed-upon rules for discussions and carry out assigned roles.  
CCSS.ELA-LITERACY.SL.5.1.C  
Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.  
CCSS.ELA-LITERACY.SL.5.1.D  
Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions. |
| **Relationship skills**  
Communication  
Social engagement  
Relationship-building  
Teamwork | **Standard 5. Decision-making**  
5.5.1 - Identify health-related situations that might require a thoughtful decision. | **Language**  
Conventions of Standard English:  
CCSS.ELA-LITERACY.L.5.1  
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.  
CCSS.ELA-LITERACY.L.5.2  
Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. |
| **Responsible decision-making**  
Analyzing situations  
Solving problems  
Evaluating  
Reflecting | **Standard 6. Goal-setting**  
6.5.2 - Identify resources to assist in achieving a personal health goal. | **Knowledge of Language:**  
CCSS.ELA-LITERACY.L.5.3  
Use knowledge of language and its conventions when writing, speaking, reading, or listening. |
| **Standard 8. Advocating**  
8.5.2 - Encourage others to make positive health choices. | **Vocabulary Acquisition and Use:**  
CCSS.ELA-LITERACY.L.5.5  
Demonstrate understanding of figurative language, word relationships, and nuances in word meanings. |
Lesson 2: Come Back with Courage: Role Play

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| **Self-management**  
  Impulse control  
  Self-discipline  
  Self-motivation | **Standard 1. Understanding concepts**  
  1.5.2 - Identify examples of emotional, intellectual, physical, and social health | English Language Arts Standards  
  Reading: Foundational Skills  
  Fluency:  
  CCSS.ELA-LITERACY.RF.5.4  
  Read with sufficient accuracy and fluency to support comprehension. |
| **Social awareness**  
  Perspective-taking | **Standard 2. Analyzing influences**  
  2.5.2 - Identify the influence of culture on health practices and behaviors.  
  2.5.3 - Identify how peers can influence healthy and unhealthy behaviors. | Writing  
  Text Types and Purposes:  
  CCSS.ELA-LITERACY.W.5.2  
  Write informative/explanatory texts to examine a topic and convey ideas and information clearly. |
| **Relationship skills**  
  Communication  
  Social engagement  
  Relationship-building  
  Teamwork | **Standard 4. Interpersonal communication**  
  4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health. | Speaking and Listening  
  Comprehension and Collaboration:  
  CCSS.ELA-LITERACY.SL.5.1  
  Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.  
  CCSS.ELA-LITERACY.SL.5.1.B  
  Follow agreed-upon rules for discussions and carry out assigned roles.  
  CCSS.ELA-LITERACY.SL.5.1.C  
  Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.  
  CCSS.ELA-LITERACY.SL.5.1.D  
  Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions. |
| **Responsible decision-making**  
  Analyzing situations  
  Solving problems  
  Evaluating  
  Reflecting  
  Ethical responsibility | **Standard 5. Decision-making**  
  5.5.1 - Identify health-related situations that might require a thoughtful decision.  
  5.5.5 - Choose a healthy option when making a decision. | Language  
  Conventions of Standard English:  
  CCSS.ELA-LITERACY.L.5.1  
  Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.  
  CCSS.ELA-LITERACY.L.5.2  
  Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. |
| **Standard 7. Practicing healthy behaviors**  
  7.5.1 - Identify responsible personal health behaviors.  
  7.5.2 - Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. | **Standard 8. Advocating**  
  8.5.1 - Express opinions and give accurate information about health issues.  
  8.5.2 - Encourage others to make positive health choices. | Knowledge of Language:  
  CCSS.ELA-LITERACY.L.5.3  
  Use knowledge of language and its conventions when writing, speaking, reading, or listening.  
  Vocabulary Acquisition and Use:  
  CCSS.ELA-LITERACY.L.5.5  
  Demonstrate understanding of figurative language, word relationships, and nuances in word meanings. |
### Lesson 3: Be The Change

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<td><strong>Self-awareness</strong>&lt;br&gt;Accurate self-perception&lt;br&gt;Recognizing strengths&lt;br&gt;Self-confidence&lt;br&gt;Self-efficacy</td>
<td><strong>Standard 1. Understanding concepts</strong>&lt;br&gt;1.5.2 - Identify examples of emotional, intellectual, physical, and social health.</td>
<td><strong>English Language Arts Standards</strong>&lt;br&gt;<strong>Reading: Foundational Skills</strong>&lt;br&gt;Fluency:&lt;br&gt;CCSS.ELA-LITERACY.RF.5.4&lt;br&gt;Read with sufficient accuracy and fluency to support comprehension.</td>
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<td><strong>Self-management</strong>&lt;br&gt;Self-motivation&lt;br&gt;Goal-setting</td>
<td><strong>Standard 2. Analyzing influences</strong>&lt;br&gt;2.5.2 - Identify the influence of culture on health practices and behaviors.&lt;br&gt;2.5.3 - Identify how peers can influence healthy and unhealthy behaviors.&lt;br&gt;2.5.4 - Describe how the school and community can support personal health practices and behaviors.</td>
<td><strong>Writing</strong>&lt;br&gt;<strong>Text Types and Purposes:</strong>&lt;br&gt;CCSS.ELA-LITERACY.W.5.1&lt;br&gt;Write opinion pieces on topics or texts, supporting a point of view with reasons and information.&lt;br&gt;CCSS.ELA-LITERACY.W.5.2&lt;br&gt;Write informative/explanatory texts to examine a topic and convey ideas and information clearly.</td>
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<td><strong>Social awareness</strong>&lt;br&gt;Perspective-taking&lt;br&gt;Empathy&lt;br&gt;Appreciating diversity&lt;br&gt;Respect for others</td>
<td><strong>Standard 4. Interpersonal communication</strong>&lt;br&gt;4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.</td>
<td><strong>Speaking and Listening</strong>&lt;br&gt;<strong>Comprehension and Collaboration:</strong>&lt;br&gt;CCSS.ELA-LITERACY.SL.5.1&lt;br&gt;Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.&lt;br&gt;CCSS.ELA-LITERACY.SL.5.1B&lt;br&gt;Follow agreed-upon rules for discussions and carry out assigned roles.&lt;br&gt;CCSS.ELA-LITERACY.SL.5.1C&lt;br&gt;Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.&lt;br&gt;CCSS.ELA-LITERACY.SL.5.1D&lt;br&gt;Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions.</td>
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<td><strong>Relationship skills</strong>&lt;br&gt;Communication&lt;br&gt;Social engagement</td>
<td><strong>Standard 5. Decision-making</strong>&lt;br&gt;5.5.1 - Identify health-related situations that might require a thoughtful decision.&lt;br&gt;5.5.2 - Analyze when assistance is needed in making a health-related decision.</td>
<td><strong>Language</strong>&lt;br&gt;<strong>Conventions of Standard English:</strong>&lt;br&gt;CCSS.ELA-LITERACY.L.5.1&lt;br&gt;Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.&lt;br&gt;CCSS.ELA-LITERACY.L.5.2&lt;br&gt;Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.</td>
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<td><strong>Responsible decision-making</strong>&lt;br&gt;Analyzing situations&lt;br&gt;Solving problems&lt;br&gt;Evaluating&lt;br&gt;Reflecting&lt;br&gt;Ethical responsibility</td>
<td><strong>Standard 7. Practicing healthy behaviors</strong>&lt;br&gt;7.5.1 - Identify responsible personal health behaviors.</td>
<td><strong>Knowledge of Language:</strong>&lt;br&gt;CCSS.ELA-LITERACY.L.5.3&lt;br&gt;Use knowledge of language and its conventions when writing, speaking, reading, or listening.</td>
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<td><strong>Standard 8. Advocating</strong>&lt;br&gt;8.5.1 - Express opinions and give accurate information about health issues.&lt;br&gt;8.5.2 - Encourage others to make positive health choices.</td>
<td><strong>Vocabulary Acquisition and Use:</strong>&lt;br&gt;CCSS.ELA-LITERACY.L.5.5.B&lt;br&gt;Recognize and explain the meaning of common idioms, adages, and proverbs.</td>
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Lesson 4: A Random Act of Kindness

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<td><strong>Self-awareness</strong>&lt;br&gt;Accurate self-perception</td>
<td><strong>Standard 1. Understanding concepts</strong>&lt;br&gt;1.5.1 - Describe the relationship between healthy behaviors and personal health. 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.</td>
<td><strong>English Language Arts Standards</strong>&lt;br&gt;<strong>Reading: Foundational Skills</strong>&lt;br&gt;<strong>Fluency:</strong>&lt;br&gt;CCSS.ELA-LITERACY.RF.5.4&lt;br&gt;Read with sufficient accuracy and fluency to support comprehension.</td>
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<td><strong>Self-management</strong>&lt;br&gt;Self-motivation&lt;br&gt;Goal-setting</td>
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<td><strong>Speaking and Listening</strong>&lt;br&gt;<strong>Comprehension and Collaboration:</strong>&lt;br&gt;CCSS.ELA-LITERACY.SL.5.1&lt;br&gt;Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.&lt;br&gt;CCSS.ELA-LITERACY.SL.5.1B&lt;br&gt;Follow agreed-upon rules for discussions and carry out assigned roles.</td>
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<td><strong>Standard 7. Practicing healthy behaviors</strong>&lt;br&gt;7.5.1 - Identify responsible personal health behaviors. 7.5.2 - Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.</td>
<td><strong>Language</strong>&lt;br&gt;<strong>Conventions of Standard English:</strong>&lt;br&gt;CCSS.ELA-LITERACY.L.5.1&lt;br&gt;Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.</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 SElElect 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/

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