

# 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: Try New Things: Courage Dance Party

CASEL	NHES	Common Core
<b>Self-awareness</b> Identifying emotions Accurate self-perception Recognizing strengths Self-confidence Self-efficacy	<b>Standard 1. Understanding concepts</b> 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.	<b>English Language Arts Standards Writing</b> <b>Text Types and Purposes:</b> CCSS.ELA-LITERACY.W.5.2 Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
<b>Social awareness</b> Perspective-taking Empathy	<b>Standard 4. Interpersonal communication</b> 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.	<b>Speaking and Listening Comprehension and Collaboration:</b> 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.
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork	<b>Standard 5. Decision-making</b> 5.5.1 - Identify health-related situations that might require a thoughtful decision.	
<b>Responsible decision-making</b> Analyzing situations Solving problems Evaluating Reflecting	<b>Standard 6. Goal-setting</b> 6.5.2 - Identify resources to assist in achieving a personal health goal.	
	<b>Standard 8. Advocating</b> 8.5.2 - Encourage others to make positive health choices.	<b>Language</b> <b>Conventions of Standard English:</b> 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. <b>Knowledge of Language:</b> CCSS.ELA-LITERACY.L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. <b>Vocabulary Acquisition and Use:</b> 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

CASEL	NHES	Common Core
<b>Self-management</b> Impulse control Self-discipline Self-motivation	<b>Standard 1. Understanding concepts</b> 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.	<b>English Language Arts Standards</b> <b>Reading: Foundational Skills</b> <b>Fluency:</b> CCSS.ELA-LITERACY.RF.5.4 Read with sufficient accuracy and fluency to support comprehension.
<b>Social awareness</b> Perspective-taking	<b>Standard 2. Analyzing influences</b> 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.	<b>Writing</b> <b>Text Types and Purposes:</b> CCSS.ELA-LITERACY.W.5.2 Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
<b>Relationship skills</b> Communication Social engagement Relationship-building Teamwork		<b>Speaking and Listening</b> <b>Comprehension and Collaboration:</b> 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.
<b>Responsible decision-making</b> Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility	<b>Standard 4. Interpersonal communication</b> 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.  <b>Standard 5. Decision-making</b> 5.5.1 - Identify health-related situations that might require a thoughtful decision. 5.5.5 - Choose a healthy option when making a decision.  <b>Standard 7. Practicing healthy behaviors</b> 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.  <b>Standard 8. Advocating</b> 8.5.1 - Express opinions and give accurate information about health issues. 8.5.2 - Encourage others to make positive health choices.	<b>Language</b> <b>Conventions of Standard English:</b> 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. <b>Knowledge of Language:</b> CCSS.ELA-LITERACY.L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. <b>Vocabulary Acquisition and Use:</b> CCSS.ELA-LITERACY.L.5.5 Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.

## Lesson 3: Be The Change

CASEL	NHES	Common Core
<b>Self-awareness</b> Accurate self-perception Recognizing strengths Self-confidence Self-efficacy	<b>Standard 1. Understanding concepts</b> 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.	<b>English Language Arts Standards</b> <b>Reading: Foundational Skills</b> <b>Fluency:</b> CCSS.ELA-LITERACY.RF.5.4 Read with sufficient accuracy and fluency to support comprehension.
<b>Self-management</b> Self-motivation Goal-setting	<b>Standard 2. Analyzing influences</b> 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. 2.5.4 - Describe how the school and community can support personal health practices and behaviors.	<b>Writing</b> <b>Text Types and Purposes:</b> CCSS.ELA-LITERACY.W.5.1 Write opinion pieces on topics or texts, supporting a point of view with reasons and information. CCSS.ELA-LITERACY.W.5.2 Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
<b>Social awareness</b> Perspective-taking Empathy Appreciating diversity Respect for others		
<b>Relationship skills</b> Communication Social engagement		<b>Speaking and Listening</b> <b>Comprehension and Collaboration:</b> 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.
<b>Responsible decision-making</b> Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility	<b>Standard 4. Interpersonal communication</b> 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.  <b>Standard 5. Decision-making</b> 5.5.1 - Identify health-related situations that might require a thoughtful decision. 5.5.2 - Analyze when assistance is needed in making a health-related decision.	<b>Language</b> <b>Conventions of Standard English:</b> 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. <b>Knowledge of Language:</b> CCSS.ELA-LITERACY.L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. <b>Vocabulary Acquisition and Use:</b> CCSS.ELA-LITERACY.L.5.5.B Recognize and explain the meaning of common idioms, adages, and proverbs.
	<b>Standard 7. Practicing healthy behaviors</b> 7.5.1 - Identify responsible personal health behaviors.	
	<b>Standard 8. Advocating</b> 8.5.1 - Express opinions and give accurate information about health issues. 8.5.2 - Encourage others to make positive health choices.	

## Lesson 4: A Random Act of Kindness

CASEL	NHES	Common Core
<b>Self-awareness</b> Accurate self-perception	<b>Standard 1. Understanding concepts</b> 1.5.1 - Describe the relationship between healthy behaviors and personal health. 1.5.2 - Identify examples of emotional, intellectual, physical, and social health.	<b>English Language Arts Standards</b> <b>Reading: Foundational Skills</b> <b>Fluency:</b> CCSS.ELA-LITERACY.RF.5.4 Read with sufficient accuracy and fluency to support comprehension.
<b>Self-management</b> Self-motivation Goal-setting		
<b>Social awareness</b> Perspective-taking Empathy Appreciating diversity Respect for others	<b>Standard 4. Interpersonal communication</b> 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.	<b>Speaking and Listening</b> <b>Comprehension and Collaboration:</b> 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.
<b>Relationship skills</b> Communication Social engagement Relationship-building	<b>Standard 7. Practicing healthy behaviors</b> 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.	<b>Language</b> <b>Conventions of Standard English:</b> CCSS.ELA-LITERACY.L.5.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. <b>Knowledge of Language:</b> CCSS.ELA-LITERACY.L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening. <b>Vocabulary Acquisition and Use:</b> CCSS.ELA-LITERACY.L.5.5 Demonstrate understanding of figurative language, word relationships, and nuances in word meanings. CCSS.ELA-LITERACY.L.5.5.C Use the relationship between particular words (e.g., synonyms, antonyms, homographs) to better understand each of the words.
<b>Responsible decision-making</b> Analyzing situations Evaluating Reflecting Ethical responsibility		



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/>