

Elementary Primary (Grades PK-2)

Content Area – Intrapersonal Effectiveness

Goal	Targets	Resources	Lessons	Character Trait
I.A. Student Competency: Students have a positive self-concept				
I.A.i. Goal: Students will have accurate self-concepts	Describe themselves physically, emotionally and intellectually.	All About Me/ My Feeling Better Book/ Say Goodbye to Being Shy	Activity Book/ p. 7-10 Activity 6/ Activity 26	Respect Responsibility Caring Courage
	Identify some of their strengths and limitations.	Spot the Dot/ I'm Not Bad, Just Mad/ Say Goodbye to Being Shy	Read Aloud Book/ p. 79-82 Activity 23 / Activity 33 & 23	
I.A.ii. Goal: Students will appreciate their uniqueness	Identify likenesses and differences between themselves and others	What I Like About Me/ Say Goodbye to Being Shy	Coloring and Activity Book p. 65 Activity 23 & 36	Respect Responsibility Fairness Courage
	Describe what makes them feel good about themselves	Say Goodbye to Being Shy/ Relaxation & Stress Reduction	p. 89-91 Activity 33/ p. 44 Activity 16	
I.A.iii. Goal: Students will develop self-regulation skill	Identify their feeling.	Relaxation & Stress Reduction./I'm Not Bad Just	p. 28-29 Activity 10/ p. 10 Activity 3	Respect Responsibility Caring
	Becoming aware of why managing feelings is important	What Were You Thinking/ Relaxation and Stress Reduction I'm Not Bad Just Mad	Workbook/ p. 23-24 Activity 7 Stress Detective/ p. 17 Activity 5	
I.B. Student Competency: Students utilize effective executive functioning skills				
I.B.i. Goal: Students will develop effective decision-making skills	Describe the way they make decisions	Listening to My Body/ CBT Toolbox	Draw Body and Recognize feelings with color/p. 143	Responsibility Fairness
	Become aware that same choices are made for them	Listening to My Body/ My Feeling Better Workbook	p. 35 Activity 14 p. 97 Activity 36	
I.B.ii. Goal: Students will be able to develop a plan of action	Participate in daily planning	What Should Danny Do?/ My Feeling Better Workbook	Scout size of the problem/ p. 42 & 37 Activity 16 & 17	Responsibility Good Citizenship
	Describe the steps in planning process	What Should Danny Do?/ Say Goodbye to Being Shy	p. 111-12 Activity 41 Planning for Next year	
I.B.iii. Goal: Students will be able to engage in goal setting	Define what a goal is	Say Goodbye to Being Shy/ My Feeling Better Workbook	p. 67-68 Activity 24/ p. 28 & 30 Activity 12 & 13	Responsibility Good Citizenship
	State some personal goals	The Little Engine that Could/ Say Goodbye to Being Shy	P. 39-43 Activity 13	

I.B.iv. Goal: Students will be able to engage in effective problem solving	Define the term “problem”	What if Everybody Did That!/ I Bet I Won’t Fret	Class Discussion/ p. 95-102 Activity 25	Respect Responsibility Courage
	Identify problems	The Most Magnificent Thing! CBT Toolbox	Class Discussion/ p. 65	
I.C. Student Competency: Students behave appropriately to the situation and environment				
I.C.i. Goal: Students will behave in a responsible manner	Know school/classroom rules and expectations	It’s Not My Fault!	Song about Rules	Respect Responsibility Integrity
	Behave appropriately in the various school settings.	Everything I Do You Blame on Me!	Blaming vs Responsible	
I.C.ii. Goal: Students will take responsibility for their own behaviors	Identify their own behaviors	That Rule Doesn’t Apply to Me! / I’m Not Bad, Just Mad	Prompt: What should you do w/ a rule?/p. 14-16	Respect Responsibility Honesty
	Describe the relationship between behavior and consequence		Chart Home/School Other	
I.C.iii. Goal: Students will develop self-management skills	Know and follow the rules	My Mouth is a Volcano!/ I’m Not Bad, Just Mad	Workbook/ p. 98-101 Activity 28	Respect Responsibility Good Citizenship
	Describe situations where they have no control, or almost total control over themselves.	I’m Not Bad, Just Mad	p. 106-108 Activity 30 Compromising	