Caring 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), the International Society for Technology in Education (ISTE) Standards, when applicable, and the national Common Core State Standards for English Language Arts & Literacy, Mathematics, History/Social Studies, and Science & Technical Subjects. 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: Toss in Self-Care

CASEL

Self-awareness
Identifying emotions
Accurate self-perception
Recognizing strengths
Self-confidence
Self-efficacy

Self-management
Impulse control
Stress management
Self-discipline
Self-motivation
Goal-setting

Relationship skills
Communication

Responsible decision-making
Analyzing situations
Solving problems
Evaluating
Reflecting

ISTE

2. Digital Citizen: Students recognize the rights, responsibilities and opportunities of living, learning and working in an interconnected digital world, and they act and model in ways that are safe, legal and ethical.*

NHES

Standard 1. Understanding concepts
1.8.1 - Analyze the relationship between healthy behaviors and personal health.
1.8.2 - Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

Standard 2. Analyzing influences
2.8.6 - Analyze the influence of technology on personal and family health.*

Standard 6. Goal-setting
6.8.1 - Assess personal health practices.
6.8.2 - Develop a goal to adopt, maintain, or improve a personal health practice.
6.8.3 - Apply strategies and skills needed to attain a personal health goal.

Standard 7. Practicing healthy behaviors
7.8.2 - Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

Common Core

English Language Arts Standards
Speaking & Listening
Comprehension and Collaboration:
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.6.1.C
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.6.1.D
Review the key ideas expressed and demonstrate understanding of multiple perspectives through reflection and paraphrasing.
Presentation of Knowledge and Ideas:
CCSS.ELA-LITERACY.SL.6.6
Adapt speech to a variety of contexts and tasks, demonstrating command of formal English when indicated or appropriate.

Language
Conventions of Standard English:
CCSS.ELA-LITERACY.L.6.1
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
Knowledge of Language:
CCSS.ELA-LITERACY.L.6.3
Use knowledge of language and its conventions when writing, speaking, reading, or listening.

Lesson 2: A Meal of Gratitude

CASEL

Self-management
Self-motivation
Goal-setting
Organizational skills

Social awareness
Perspective-taking
Respect for others

Relationship skills
Communication
Social engagement
Relationship-building

Responsible decision-making
Analyzing situations
Reflecting
Ethical responsibility

ISTE

2. Digital Citizen: Students recognize the rights, responsibilities and opportunities of living, learning and working in an interconnected digital world, and they act and model in ways that are safe, legal and ethical.*

NHES

Standard 1. Understanding concepts
1.8.2 - Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

Standard 2. Analyzing influences
2.8.6 - Analyze the influence of technology on personal and family health.*

Standard 7. Practicing healthy behaviors
7.8.2 - Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

Common Core

English Language Arts Standards
Writing
Text Types and Purposes:
CCSS.ELA-LITERACY.W.6.2
Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.
CCSS.ELA-LITERACY.W.6.2.A
Introduce a topic; organize ideas, concepts, and information, using strategies such as definition, classification, comparison/contrast, and cause/effect; include formatting (e.g., headings), graphics (e.g., charts, tables), and multimedia when useful to aiding comprehension.
CCSS.ELA-LITERACY.W.6.2.B
Develop the topic with relevant facts, definitions, concrete details, quotations, or other information and examples.
Production and Distribution of Writing:
CCSS.ELA-LITERACY.W.6.4
Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Speaking & Listening
Comprehension and Collaboration:
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.6.1.C
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.6.1.D
Review the key ideas expressed and demonstrate understanding of multiple perspectives through reflection and paraphrasing.
Presentation of Knowledge and Ideas:
CCSS.ELA-LITERACY.SL.6.5
Include multimedia components (e.g., graphics, images, music, sound) and visual displays in presentations to clarify information.

Language
Conventions of Standard English:
CCSS.ELA-LITERACY.L.6.1
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
CCSS.ELA-LITERACY.L.6.2
Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.
CCSS.ELA-LITERACY.L.6.2.A
Use punctuation (commas, parentheses, dashes) to set off nonrestrictive/parenthetical elements.
CCSS.ELA-LITERACY.L.6.2.B
Spell correctly.
Knowledge of Language:
CCSS.ELA-LITERACY.L.6.3
Use knowledge of language and its conventions when writing, speaking, reading, or listening.

Lesson 3: Find Your Empathy

CASEL

Self-awareness
Identifying emotions
Accurate self-perception
Recognizing strengths

Social awareness
Perspective-taking
Empathy
Appreciating diversity
Respect for others

Relationship skills
Communication
Social engagement
Relationship-building

Responsible decision-making
Analyzing situations
Evaluating
Reflecting
Ethical responsibility

ISTE

2. Digital Citizen: Students recognize the rights, responsibilities and opportunities of living, learning and working in an interconnected digital world, and they act and model in ways that are safe, legal and ethical.*

NHES

Standard 2. Analyzing influences
2.8.1 - Examine how the family influences the health of adolescents.
2.8.2 - Describe the influence of culture on health beliefs, practices, and behaviors.
2.8.3 - Describe how peers influence healthy and unhealthy behaviors.
2.8.4 - Analyze how the school and community can affect personal health practices and behaviors.
2.8.6 - Analyze the influence of technology on personal and family health.*

Standard 5. Decision-making
5.8.7 - Analyze the outcomes of a health-related decision.

Standard 7. Practicing healthy behaviors
7.8.2 - Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

Common Core

English Language Arts Standards
Speaking & Listening
Comprehension and Collaboration:
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.6.1.C
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.6.1.D
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.
Presentation of Knowledge and Ideas:
CCSS.ELA-LITERACY.SL.6.6
Adapt speech to a variety of contexts and tasks, demonstrating command of formal English when indicated or appropriate.

Language
Conventions of Standard English:
CCSS.ELA-LITERACY.L.6.1
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
Knowledge of Language:
CCSS.ELA-LITERACY.L.6.3
Use knowledge of language and its conventions when writing, speaking, reading, or listening.
Vocabulary Acquisition and Use:
CCSS.ELA-LITERACY.L.6.5
Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.

Lesson 4: Compassion Wall

CASEL

Self-awareness
Identifying emotions
Accurate self-perception
Recognizing strengths
Self-confidence

Self-management
Self-motivation
Goal-setting

Social awareness
Perspective-taking
Empathy
Appreciating diversity
Respect for others

Relationship skills
Communication
Social engagement
Relationship-building

Responsible decision-making
Analyzing situations
Evaluating
Reflecting
Ethical responsibility

ISTE

2. Digital Citizen: Students recognize the rights, responsibilities and opportunities of living, learning and working in an interconnected digital world, and they act and model in ways that are safe, legal and ethical.*

NHES

Standard 2. Analyzing influences
2.8.6 - Analyze the influence of technology on personal and family health.*

Standard 7. Practicing healthy behaviors
7.8.2 - Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
7.8.3 - Demonstrate behaviors to avoid or reduce health risks to self and others.

Standard 8. Advocating
8.8.2 - Demonstrate how to influence and support others to make positive health choices.

Common Core

English Language Arts Standards
Writing
Text Types and Purposes:
CCSS.ELA-LITERACY.W.6.2
Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.
CCSS.ELA-LITERACY.W.6.2.B
Develop the topic with relevant facts, definitions, concrete details, quotations, or other information and examples.
Production and Distribution of Writing:
CCSS.ELA-LITERACY.W.6.4
Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Speaking & Listening
Comprehension and Collaboration:
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.
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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.6.1.D
Review the key ideas expressed and demonstrate understanding of multiple perspectives through reflection and paraphrasing.
Presentation of Knowledge and Ideas:
CCSS.ELA-LITERACY.SL.6.5
Include multimedia components (e.g., graphics, images, music, sound) and visual displays in presentations to clarify information.

Language
Conventions of Standard English:
CCSS.ELA-LITERACY.L.6.1
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
CCSS.ELA-LITERACY.L.6.2
Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.
CCSS.ELA-LITERACY.L.6.2.A
Use punctuation (commas, parentheses, dashes) to set off nonrestrictive/parenthetical elements.
CCSS.ELA-LITERACY.L.6.2.B
Spell correctly.
Knowledge of Language:
CCSS.ELA-LITERACY.L.6.3
Use knowledge of language and its conventions when writing, speaking, reading, or listening.

Project 1: The Caring Award

CASEL

Self-awareness
Identifying emotions
Self-confidence

Self-management
Self-motivation
Organizational skills

Social awareness
Perspective-taking
Empathy
Appreciating diversity
Respect for others

Relationship skills
Communication
Social engagement
Relationship-building

Responsible decision-making
Analyzing situations
Evaluating
Reflecting
Ethical responsibility

ISTE

Not applicable

NHES

Standard 7. Practicing healthy behaviors
7.8.2 - Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

Standard 8. Advocating
8.8.4 - Identify ways in which health messages and communication techniques can be altered for different audiences.

Common Core

English Language Arts Standards
Writing
Text Types and Purposes:
CCSS.ELA-LITERACY.W.6.2
Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.
CCSS.ELA-LITERACY.W.6.2.A
Introduce a topic; organize ideas, concepts, and information, using strategies such as definition, classification, comparison/contrast, and cause/effect; include formatting (e.g., headings), graphics (e.g., charts, tables), and multimedia when useful to aiding comprehension.
CCSS.ELA-LITERACY.W.6.2.B
Develop the topic with relevant facts, definitions, concrete details, quotations, or other information and examples.
Production and Distribution of Writing:
CCSS.ELA-LITERACY.W.6.4
Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Language
Conventions of Standard English:
CCSS.ELA-LITERACY.L.6.1
Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
CCSS.ELA-LITERACY.L.6.2
Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.
CCSS.ELA-LITERACY.L.6.2.A
Use punctuation (commas, parentheses, dashes) to set off nonrestrictive/parenthetical elements.
CCSS.ELA-LITERACY.L.6.2.B
Spell correctly.
Knowledge of Language:
CCSS.ELA-LITERACY.L.6.3
Use knowledge of language and its conventions when writing, speaking, reading, or listening.
CCSS.ELA-LITERACY.L.6.3.A
Vary sentence patterns for meaning, reader/listener interest, and style.
CCSS.ELA-LITERACY.L.6.3.B
Maintain consistency in style and tone.