

Common Ground K-8 SEL Scope and Sequence - June 2018

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Health, Wellness, and My Identity

How do I achieve and maintain my physical, mental, and social well-being?

- *How do I care for my body and mind as I change and grow, and how do I create healthy habits?*
- *How do my actions affect my relationships, and how can I foster positive relationships in my life?*
- *How do I take care of for my own mental, emotional and physical health and safety in relationships?*
- *How does society view and portray gender and sexuality, and how does that affect how I view myself and others?*

Grade Level	K/1	2/3	4/5	6	7	8
<p><u>Hygiene</u> <i>How do I keep my body clean?</i></p> <p><i>How is my body changing and what are the needs of my changing body?</i></p>	<p>- I wash my hands regularly</p> <p>- I cover my mouth when I cough and sneeze</p> <p>- I understand when my body is clean and when it is dirty</p> <p>- I brush my teeth twice a day</p>	<p>- I wash my hands regularly</p> <p>- I cover my mouth when I cough and sneeze</p> <p>- I know how to keep my own body clean</p> <p>- I brush my teeth twice a day</p> <p>- I know how to appropriately manage my bodily functions</p>	<p>- I know how to keep my own body clean</p> <p>- I know that my hygiene can affect my relationships</p> <p>- I know that sharing food or hats can spread germs etc.</p> <p>-Different bodies require different care</p> <p>- I know how to appropriately manage my bodily functions</p> <p>-I know that taking care of my body is becoming less of my parent's responsibility and more of my own</p>	<p>-I know that my body needs more frequent showers as I enter puberty</p> <p>-I know that taking care of my body and hair is becoming less of my parent's responsibility and more of my own responsibility</p> <p>-The care of my body will impact my peers</p> <p>-Different bodies require different care</p>	<p>-I need to use new objects and items in my personal care</p> <p>-The care of my body will impact my peers</p> <p>-The way I present myself changes people's perspective of me</p> <p>-Stereotypes impact hygiene</p>	<p>-I am going to be seen in certain ways based on how I take care of myself</p> <p>- I have the ability to identify healthy habits of body and mind as well as the ability to implement them.</p>

<p><u>Body Image</u> <i>What is "beauty"? Who decides what is beautiful?</i></p>	<ul style="list-style-type: none"> - Every person has different body shapes, sizes, skin colors, etc. - I have things I like about my body - My body is special because _____. - I have respect for different body types - I am the boss of my body 	<ul style="list-style-type: none"> - My body is special because _____. - I have respect for different body types - I am the boss of my body - "Beautiful bodies" vary based on culture 	<ul style="list-style-type: none"> - I understand how my body is/will change and why... - I understand that each person's body is unique and changes in different ways at different times - "Beautiful bodies" vary based on culture - I understand that the media and industry try to influence the way that I see myself 	<ul style="list-style-type: none"> -I understand how my body is changing and why... -I can understand how stereotypes can make people feel good or bad about their bodies -I appreciate my body because_____ and why - I understand that the media and industry try to influence the way that I see myself 	<ul style="list-style-type: none"> - I understand -how to care for my changing body -I understand everyone is different and developing at different levels -I understand I'm changing and will continue to change 	<ul style="list-style-type: none"> -I understand my responsibility in accepting others' choices in caring for their bodies - I am an example in my community and my interactions with others set an example.
<p><u>Gender, sexuality stereotypes</u> <i>What are societal norms as they relate to gender and sexuality? Do my interests match societal norms?</i></p>	<ul style="list-style-type: none"> - I know what my gender is - I know that boys and girls can like the same things and different things (??) - I know that I am an individual and I can like whatever I want 	<ul style="list-style-type: none"> - I know what my gender is - I know that boys and girls can like the same things and different things (??) - I know that I am an individual and I can like whatever I want 	<ul style="list-style-type: none"> I understand the difference between gender stereotypes and reality -I can define terms about gender/sexuality & am gaining initial awareness - I understand that relationships can be MF, MM, FF - I am learning how my interests/personality fit with society 	<ul style="list-style-type: none"> -I can define terms about gender/sexuality & am gaining initial awareness -I understand the difference between sex and gender - I understand that relationships can be MF, MM, FF 	<ul style="list-style-type: none"> -I know care for my body is sometimes formed by societal norms -I understand the different identities in the LGBTQ community -I understand that LGBTQ communities have hurdles within our society 	<ul style="list-style-type: none"> - I know the harmful effects of stereotypes and of promoting them even among my own race/culture -I understand the value of interacting with different types of people and building inclusive communities

<p><u>Relationships</u></p> <p><i>How do I maintain positive relationships with my friends and peers?</i></p> <p><i>How do I advocate for my own health and safety in relationships?</i></p>	<ul style="list-style-type: none"> - I respect other people's space and bodies - I can make new friends - I know that it is okay to say no to others, and it is okay for them to say no to you - I know that it's okay to want to work alone and okay to want to work in a group - I know how to express which I'd prefer in the moment - I always check with my friends that my words and actions are accepted 	<ul style="list-style-type: none"> - I know how to respect others and ask them to respect me - I can make friends and help others make friends - I know that having successful conversations with peers helps me make and build friendships - I know that it's okay to take a break in my friendships - I always check with my friends that my words and actions are accepted 	<ul style="list-style-type: none"> - I consistently use my manners and engage others respectfully - I know how to respectfully let people know when they are being hurtful to me or someone else - I know that effectively managing my emotions can help maintain positive relationships - I identify and express gratitude for supportive individuals. - I ensure that I don't put my friends/peers into uncomfortable situations 	<ul style="list-style-type: none"> - I know how to respect personal space - I know how to reach out to someone to become friends - I know how to coexist peacefully with those who I do not want as a close friend - It's okay to take a break in your friendship - It is okay to say no to others, and it is okay for them to say no to you - I ensure that I don't put my friends/peers into uncomfortable situations 	<ul style="list-style-type: none"> - I know how to coexist peacefully with those who I do not want as a close friend - I know how to resolve conflict in friendships - It's okay to take a break in your friendship - I know how to be respectful in dating relationships - It is okay to say no to others, and it is okay for them to say no to you 	<ul style="list-style-type: none"> - I understand the difference between healthy and unhealthy relationships - I have tools to deal with personal conflict and understand what healthy boundaries are - I understand the difference between Intent and Impact, and I consider how my actions might be perceived - It is okay to say no to others, and it is okay for them to say no to you
<p><u>Safety (abuse - physical, emotional, sexual, and cyber)</u></p> <p><i>How do I stay safe physically and emotionally?</i></p>	<ul style="list-style-type: none"> - I know and use the Super Ten Safe Smart Rules for Kids and Grownups: http://www.safelyeverafter.com/tenrules.html 	<ul style="list-style-type: none"> - I know and use the Super Ten Safe Smart Rules for Kids and Grownups: http://www.safelyeverafter.com/tenrules.html 	<ul style="list-style-type: none"> - I understand the risks of online interactions and how to avoid them... - I know what to do 	<ul style="list-style-type: none"> - I know how to use social media responsibly to protect myself and avoid harming others 	<ul style="list-style-type: none"> - I understand that what goes on social media stays there forever - I know what to do if someone is 	<ul style="list-style-type: none"> - I understand the difference between healthy and unhealthy relationships and can recognize abuse

<p><i>What do I do when I am in danger?</i></p> <p><i>What can I do to prevent getting into unsafe situations both in real life and online?</i></p>	<ul style="list-style-type: none"> - I know what to do if someone is hurting me verbally or physically - It is okay to say no to others, and it is okay for them to say no to you 	<ul style="list-style-type: none"> - I know what to do if someone is hurting me verbally or physically - It is okay to say no to others, and it is okay for them to say no to you 	<ul style="list-style-type: none"> if someone is hurting me verbally or physically - It is okay to say no to others, and it is okay for them to say no to you 	<ul style="list-style-type: none"> - I know what to do if someone is hurting me verbally or physically 	<ul style="list-style-type: none"> hurting me verbally or physically 	<ul style="list-style-type: none"> - I know what to do if someone is hurting me verbally or physically
<p>Nutrition and fitness</p> <p><i>What are habits to keep my body and mind healthy?</i></p> <p><i>What are the results of healthy/unhealthy decisions?</i></p>	<ul style="list-style-type: none"> - I know how to choose foods that are good for my growing body - I know all about a "Healthy Plate" - I know that exercising makes me strong and keeps me healthy - I know that too much screen time is not good for me - I get exercise by "working my heart" through playing every day 	<ul style="list-style-type: none"> - I know all about a "Healthy Plate" - I can identify an exercise activity that I enjoy - I try new foods - I get exercise by "working my heart" through playing every day 	<ul style="list-style-type: none"> - I can read and analyze nutritional labels on foods - I am becoming responsible for what I choose to eat and how much exercise I get - I can run a mile in under 14 minutes - I have a toolbox of exercise routines - I can identify an exercise activity that I enjoy - I understand that exercise impacts my mental health 	<ul style="list-style-type: none"> - I am beginning to make my own food choices without my parents' help - I know that exercise (formally or informally) is healthy for my body and my mind - I know how much sleep my body needs and what the effects of sleep deprivation are and how they affect me - I can identify an exercise activity that I enjoy and have goal of being active an hour each day 	<ul style="list-style-type: none"> - I understand what makes a food healthy or unhealthy - I know how to make simple healthy recipes - I exercise daily and know how to exercise properly 	<ul style="list-style-type: none"> - I have the tools to sort through fact and fiction when it comes to making healthy choices about my nutrition and fitness - I understand that my lifestyle choices have the ability to affect my physical and mental health
<p><u>Substance Abuse</u></p>	<ul style="list-style-type: none"> - I am learning about healthy/ 	<ul style="list-style-type: none"> - I know when my own habits are 	<ul style="list-style-type: none"> - How can I change my habits to be 	<ul style="list-style-type: none"> - I know how to regulate my screen 	<ul style="list-style-type: none"> - I might know peers who have 	<ul style="list-style-type: none"> - I understand the impact drugs and

<p><i>What are habits to keep my body and mind healthy?</i></p> <p><i>What are the results of healthy/unhealthy decisions?</i></p>	<p>unhealthy habits (i.e. sugar, screen time etc) and trying to make healthy choices</p>	<p>healthy or unhealthy and try to make healthy choices</p> <ul style="list-style-type: none"> - I know the difference between eating and drinking sugary foods in moderation and when it's too much 	<p>healthier?</p> <ul style="list-style-type: none"> - I know how too much screen time can affect my health - I can set goals for improving my health habits 	<p>time and can set up boundaries</p> <ul style="list-style-type: none"> - I know how too much screen time can affect my brain 	<p>experimented and I am not influenced by their choices</p> <ul style="list-style-type: none"> - I understand how substances can impact my health - I know the signs that someone is struggling with substance abuse - I know how to get help for myself or friends who are struggling with substance abuse 	<p>alcohol can have on my body</p> <ul style="list-style-type: none"> - I can recognize substance abuse in my life or in those close to me - I have the tools to address issues and resources available to help me
<p><u>Managing Feelings, Self-regulation</u></p> <p><i>How do events (both controllable and uncontrollable) affect my emotions?</i></p> <p><i>What strategies can be used to manage emotions and self-regulate?</i></p>	<ul style="list-style-type: none"> - I know and can say how I feel and choose how to show my feelings. - I know what things make me feel stressed/ agitated/ uncomfortable - I know what things make me feel calm/happy/excited and can take a break when I need one - I pay attention to 	<ul style="list-style-type: none"> - I know and can say how I feel and can choose how I show my feelings. - I know what helps me feel calm and can take a break when I need one - I pay attention to and care about how others feel around me - I can help my friends feel better when they are hurt, 	<ul style="list-style-type: none"> - I consistently use words to express my emotions and ask for what I need - I can help a group of peers work well together and get along - I know that it is possible to have more than one feeling at the same time - Calming down emotions that are 	<ul style="list-style-type: none"> - I know what makes me anxious and how to manage those feelings - I can express how I'm feeling and get help from friends/adults - I know what stress is and how to cope with it 	<ul style="list-style-type: none"> - I recognize my feelings are changing and I can step back and reflect on how I show my feelings and the impact on others - I know conflict with my peers is normal, and have tools to restore relationships that have been harmed 	<ul style="list-style-type: none"> - I can identify things in my life that sometimes give me stress and anxiety - I understand that I am made up of different parts and sometimes I will need to manage my emotions, and I am developing tools to do that - I am prepared to manage the feelings and anxiety that come with

	and care about how others feel around me	sad, or mad - I know that when I feel strong feelings it is hard to think clearly. - I understand that unmanaged, strong emotions can lead to negative behavior and consequences	getting out of control helps you think clearly so I can avoid negative consequences			increasing independence and transition to HS
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Personal Growth and Social Impact

How can I build my mindset, knowledge, and skills to achieve personal growth and have a positive impact on my community?

- *How do I develop a growth mindset that will propel me toward success?*
- *How do I deeply understand learning opportunities and problems and collaborate to come up with answers and solutions?*
- *How do I understand the community/world around me and take action toward positive impact?*
- *What resources do I have that I can use to improve my community?*

Grade Level	K/1	2/3	4/5	6	7	8
<p><u>Personal Responsibility & Self-Advocacy</u></p> <p><i>What impact do my decisions and actions have on myself and my community, and how do I advocate for myself effectively?</i></p>	<p>- I know how to take out and put away my materials</p> <p>- I know where the materials that I need to get my work done are</p> <p>-I know which materials I need to get my work done</p> <p>- I know how to ask for help when I need it</p>	<p>- I know how to ask for help when I need it</p> <p>- I have integrity in my school work</p>	<p>- I can ask for specific help I need</p> <p>- I know that being assertive means asking for what I want and need in a calm, firm, respectful voice</p> <p>- I understand that being assertive can help me be successful in social and academic situations</p>	<p>-I understand the value I coming to school with the materials and mindset to succeed.</p> <p>- I can use multiple methods (email, phone, in person) to request help, and can use the most appropriate method in a given context</p>	<p>- I know I am responsible for my own success.</p> <p>- I understand the value of a support network and am aware of resources and people that can help me if I am in need</p>	<p>-I understand that my actions can impact those around me</p> <p>-I help build and maintain a healthy community based on inclusion and empathy</p> <p>- I can apply community agreements to enhance my academic learning and the learning of those around me</p>
<p><u>Growth Mindset</u></p> <p><i>What kind of learner am I and what will I do when I feel stuck or find something tricky?</i></p>	<p>- I know everyone is working on getting better at something</p> <p>- I know that it's ok to make mistakes and I can try again</p>	<p>- I know that if I don't succeed I can, and should, try again</p> <p>- I know learning something new takes practice</p>	<p>- I know there are different kinds of intelligence</p> <p>- I know that mistakes are the best learning</p>	<p>- I know my own strengths and challenge area</p> <p>- I understand that my habits and attitude can</p>	<p>- I know what type of learner I am and can use that to improve</p> <p>-I understand that the more I exercise</p>	<p>- I know my learning style and personality type and use that knowledge to improve</p>

	<ul style="list-style-type: none"> - I know that if I know how or what to do, I can help others who might need support or help - I know the value of quiet reflection 	<ul style="list-style-type: none"> - I understand the importance and value of feedback from teachers and peers 	<ul style="list-style-type: none"> experiences - I know that I can improve through effort - I like to be challenged and am not afraid to make mistakes - I seek and offer affirming and adjusting feedback 	<ul style="list-style-type: none"> contribute to my overall learning - I can identify specific next steps to improve in areas I'm struggling 	<ul style="list-style-type: none"> my brain with a growth mindset perspective, the more I will find ways to cope with challenges effectively 	<ul style="list-style-type: none"> - I understand the value of having a growth mindset - I am developing strategies that work for me so I can implement them in HS.
<p><u>Study Skills</u></p> <p><i>Which specific skills do I need to learn and practice in order to feel successful?</i></p>	<ul style="list-style-type: none"> - I am learning what is easy and what is hard for me - I am learning how to manage my time when working on assignments and recognizing what takes more/less time for me to complete - I am learning what is the purpose of an assignment and what I will learn from it 	<ul style="list-style-type: none"> - I am learning what is easy and what is hard for me - I am able to manage my time in order to finish my assignments in a timely manner - I know the value of completing assignments 	<ul style="list-style-type: none"> - I can set measurable, achievable goals - I am an independent learner - I recognize when I need support, and I know how to self-advocate in order to receive the support 	<ul style="list-style-type: none"> - I can identify effective study skill strategies and am aware of at least one skill I have and one I want to acquire - I can organize my agenda, notebooks, locker, and backpack to manage multiple classes and activities 	<ul style="list-style-type: none"> - I understand ways to effectively communicate with my peers and teachers when I need educational support - I understand how my teachers can and should support me and I understand the importance of advocating for myself. 	<ul style="list-style-type: none"> - I have the skills to extend my curiosity beyond the lesson and materials provided - I know how to maximize the use of technology for learning and communication - I have identified healthy strategies and routines that will help me succeed
<p><u>Habits of mind for deep thinking and problem-solving</u></p>	<ul style="list-style-type: none"> - I am learning how to ask meaningful questions to gain more information 	<ul style="list-style-type: none"> - I can ask "want to learn" questions within a topic - I understand the 	<ul style="list-style-type: none"> - I can identify topics in which I want to pursue new knowledge 	<ul style="list-style-type: none"> - I can state my opinion and support my ideas effectively 	<ul style="list-style-type: none"> - I understand the importance of thinking critically and the value of 	<ul style="list-style-type: none"> - I can sort through credible and non credible news sources

<p><i>How do I effectively build a foundation of knowledge and respectfully express my point of view?</i></p>	<ul style="list-style-type: none"> - I know the difference between an opinion and a fact - I know the difference between a question and a comment - I know that not everyone will think or believe the same things I do and that is okay 	<p>value of different perspectives</p> <ul style="list-style-type: none"> - I know how to express my opinions or point of view while also respecting others who might think differently than I do 	<ul style="list-style-type: none"> - I ask, “what viewpoints are we hearing?” and “how might the story be different from another perspective?” - I always check the source to make sure that it is credible 	<ul style="list-style-type: none"> -I can share what I know about a topic in an effective way - I can work with my peers to come up with solutions to problems 	<p>curiosity</p> <ul style="list-style-type: none"> - I know how to build my understanding of a problem in order to explore good solutions 	<ul style="list-style-type: none"> -I understand the importance of having strong media literacy skills and use them to pursue new knowledge and engage others in what I am learning -I understand the value of thinking critically to form a basis for my decisions and opinions
<p><u>Global Awareness and Social responsibility</u></p> <p><i>What different types of communities do I belong to, and what are my responsibilities those ?</i></p>	<ul style="list-style-type: none"> - I am learning that I am part of communities: classroom, school, neighborhood, etc. - I know that our classroom and school is everyone’s responsibility - I can help others solve problems even when I’m not necessarily involved - I understand that keeping my 	<ul style="list-style-type: none"> - I know the value of being part of several communities - I know how to problem solve on my own - I can help others problem solve, even if I’m not involved - I can keep my personal space clean and organized 	<ul style="list-style-type: none"> - I model how to be a respectful member of my communities - I know how to keep my school and classroom safe and clean - I know that I am a part of larger communities such as being part of our city, state, country, world, even if I haven’t travelled or have seen these 	<ul style="list-style-type: none"> -I understand that I am a part of various different communities (Classroom, School, family, local, global, religious, et al) and that I impact those with my actions -I have opportunities to participate in various service projects through the school and understand the value of doing so 	<ul style="list-style-type: none"> -I understand the importance of participating in community service and exploring positive ways I can impact my community -I have developed an awareness of current events and understand what reliable sources are? 	<ul style="list-style-type: none"> -I have developed an awareness about various dynamics that exist between local and global communities -I understand I am a member of many different communities and that every individual has the power to impact their communities in positive and negative ways.

	classroom and space clean will positively affect others around me		communities			<p>-I have the tools and wherewithal to identify issues and find positive ways to impact my community</p> <p>-I participated meaningfully in my 8th Grade Service Learning project</p>
<p><u>Interpersonal Communication</u></p> <p><i>How do I understand the ways that I communicate with people and how can I be mindful of ways to communicate effectively?</i></p>	<p>- I am learning how to have respectful conversations with others, especially when I am having big feelings</p> <p>- I am practicing how to wait my turn when others are speaking</p> <p>- I am practicing how to listen to the speaker and stay on the same topic</p> <p>- I am learning how to be mindful of my tone and voice level and knowing when a specific tone/voice is necessary</p>	<p>- I know how to have respectful conversations with others</p> <p>- I know not everyone will agree with my perspective or ideas but will still be respectful when communicating disagreement</p> <p>- I know that my tone and voice affect how others hear my message</p> <p>- I know my tone and voice can make others feel heard or not</p>	<p>- Demonstrate an awareness of the impact of our actions, both positive and negative, on others in person</p> <p>- I am mindful of other people's space and time</p> <p>- I know there is value in having different opinions and discussing them in healthy ways</p> <p>- I know that even close friends can have disagreements</p>	<p>-I know what it means to build effective and meaningful ways to communicate with my peers</p> <p>-I understand and value good listening skills and respecting other people's space and time</p> <p>- I know there is value in having different opinions and discussing them in healthy ways</p>	<p>-I can respect other people's opinions even if they do not align with my own</p> <p>-I understand there are healthy and unhealthy ways to disagree</p>	<p>-I understand the difference between intent and impact when it comes to my words and actions</p>

<p><u>Effective use of Technology</u></p> <p><i>How do I use technology appropriately?</i></p>	<p>- I am learning that I can find information online and use technology to get that information</p>	<p>- I understand that I am responsible for the technology I use at school</p> <p>- I am learning how to effectively use technology at school for my own learning and presentation of ideas</p>	<p>- I am aware of the impact of our actions, both positive and negative, on others via technology</p>	<p>-I understand that I am responsible for the technology I use at school and at home</p> <p>-I understand that building healthy habits with technology is important</p> <p>-I understand that technology can be used to effectively communicate with peers in ways</p>	<p>-I am aware of the importance of protecting myself online</p> <p>-I understand that the way I present myself online can affect my personal relationships</p> <p>-I understand that the effective use of technology can positively impact my academic success</p>	<p>-I understand my online footprint and the impact I can have on myself and others</p> <p>-I understand how I can use technology effectively to manage my academic responsibilities as I enter high school.</p>
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Creating a Safe, Inclusive, Supportive Community

What is a safe, supportive and inclusive community and how can I help creating that environment in my school and beyond?

- *How can I help create an environment where we can all feel welcome, included, and safe so we can all learn and grow together?*
- *How can we apply skills and work together to resolve conflicts and maintain an inclusive and loving community?*
- *Why should I value differences and how do we make sure everyone feels included and gets what they need to succeed?*

Grade Level	K/1	2/3	4/5	6	7	8
<p><u>Exercising Empathy and Caring for our peers</u></p> <p><i>How can I help create an environment where we can all feel welcome, included, and safe so we can all learn and grow together?</i></p>	<p>- I feel like the people in my class and school know me</p> <p>- I consider and care about the feelings of those around me</p> <p>- I am getting to know my new schools and practice the community values</p> <p>- I know and follow classroom rules</p>	<p>- I know what makes me feel safe and unsafe and how to say that with words</p> <p>- I can use empathy and to get along with others and support them when something is wrong</p> <p>- I can help new and younger kids understand how to be part of the community</p>	<p>- I actively participate in activities that create safe spaces</p> <p>- I care about others and try to make sure those around me feel included and safe</p> <p>- I seek to understand the complex emotions others might have and I try to have empathy and connect with them</p>	<p>- I actively participate in activities that create safe spaces</p> <p>- I am getting to know my new school community and the core values of RISEUP</p>	<p>- I help to create activities that create safe place for others</p> <p>- I contribute to my class norms by identifying what would make me feel safe within my community</p> <p>- I can help lead an all school meeting that builds my school's community</p>	<p>- I can facilitate activities and experiences to create safe spaces for myself and others where everyone can contribute</p> <p>- I know strategies to help create a multicultural and inclusive environment, and I understand the importance of doing that</p> <p>- I can model the safe community to the entering 6th graders and new students as a leader in our community</p>

<p><u>Skills to participate in and contribute to restorative communities</u></p> <p><i>How can we apply affective questions, listening, and restorative dialogue skills to resolve conflicts and maintain an inclusive and loving community?</i></p>	<ul style="list-style-type: none"> - I know what causes me to have “big feelings” and what to do when that happens - I know how to make I Statements about how I’m feeling - I know how to ask others how they are feeling - I can listen to others and ask questions based on what I heard 	<ul style="list-style-type: none"> - I can anticipate what might causes me to have “big feelings” and try to make choices that will be successful for me - I can make statements about how I am feeling and make requests - I can listen to others and ask questions to create a dialogue - I can help solve conflicts and problems in my school and classroom 	<ul style="list-style-type: none"> - I know where to go when I or my peers are having problems and proactively seek solutions - I can share how I am feeling, ask how others are feeling, and try to find solutions to resolve conflict - I know how to listen to others and respond respectfully even when I disagree - I understand that solutions to conflicts can be complicated and take time or a plan to resolve 	<ul style="list-style-type: none"> -I can participate in restorative justice circles to resolve conflicts and build community - I know what affective statements are, why they are important and can use them in Circle - I am learning to monitor my own listening and attentiveness in a group so I am contributing and letting others contribute 	<ul style="list-style-type: none"> -I can identify when restorative justice is needed to resolve conflict I or my peers are involved in - I use affective statements in Circle and beyond to handle personal stress and peer relations - I feel comfortable coming to the staff to initiate restorative practices to solve problems in the community - I can monitor my own listening and attentiveness so I am contributing and letting others contribute 	<ul style="list-style-type: none"> -I understand the importance of restorative justice and resolving conflict in healthy ways and have the tools to do so - I can apply the principles of restorative practices in my daily interactions in and outside of school -I can use and model affective statements and questioning for the younger students at the school - I can participate in and lead restorative dialogue
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<p><u>Valuing Difference and Being Inclusive</u></p> <p><i>Why should I value differences and how do we make sure everyone feels included and gets what they need to succeed?</i></p>	<ul style="list-style-type: none"> - I understand that I am the same and different from other people and that's ok - I can recognize when I am being excluded based on my differences and share how it makes me feel - I respect others differences even when I might not understand - I understand that every person has different needs, and therefore receive different supports 	<ul style="list-style-type: none"> - I know my peers well and value their similarities and differences - I can recognize when I am being excluded based on my differences and seek help. - I try to make others feel included in the classroom and beyond - I understand that every person has different needs, and I'm ok with different people getting different supports 	<ul style="list-style-type: none"> -I recognize people can have similar or different feelings about the same situation based on their backgrounds - I can recognize when I am being excluded based on my differences and help others understand my feelings and what I need to feel included. -I embrace diversity, empathize with the feelings, perspectives, and social cues of others, and help to make sure they receive the supports they need 	<ul style="list-style-type: none"> - I can recognize when I am being excluded based on my differences and help others understand and empathize with my feelings to solve the problem. - I know how to work with others to figure out how my strengths and the strengths of others can combine to make a strong team -I understand "equity" and that everyone is getting the support they need even if it doesn't look equal 	<ul style="list-style-type: none"> - I understand that my role can be different in different situations -I seek to ensure I am seen for my differences and will advocate when I am not feeling that within my new school -I acknowledge how others are different from me and leverage their strengths to solve problems -I value "equity" and can identify inequity and try to help create greater equity 	<ul style="list-style-type: none"> - I use my understanding of differences to resolve conflicts and build empathy for myself and others -I recognize my peers have differences and need varying supports to create a cohesive, multicultural environment -I can facilitate a group process to include and leverage the strengths of all group members to solve problems - I understand the dynamics of power and privilege as they relate to equity and actively advocate for and work towards equity
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Cultural Competence

What does it mean to be culturally competent, and how can being culturally competent make me a better learner, leader, and change agent?

- *Who am I and how is my lived experience the same or different from others?*
- *What are my assumptions about others, and how do these assumptions impact my thoughts and actions?*
- *How do stereotypes, racism, prejudice and bias impact society?*
- *How do I recognize my privilege and advocate for those who do not have the same privilege?*

Grade Level	K/1	2/3	4/5	6	7	8
<p><u>Dimensions of Identity / Self-Awareness</u></p> <p><i>Who am I and how is my lived experience the same or different from others?</i></p>	<p>- I can use “I” and “my family” statements to help others understand who I am and my family</p> <p>- I know that all parts of my identity are good and have value</p> <p>- I can talk about ways that people who share my group identities live their lives</p> <p>- I can use comparing words to talk about how we are the same and different</p> <p>- I can learn about other people by listening and</p>	<p>- I can describe at least 5 aspects of my own identity</p> <p>- I know about my family history and culture and about current and past contributions of people in my main identity groups</p> <p>- I can feel good about my identity without making someone else feel badly about who they are</p>	<p>- I know about my family history and culture and about current and past contributions of people in my main identity groups</p> <p>- I know how people with identities like mine are treated in society, and the ways in which things can be easier or harder for me because of it, and this can affect my physical and mental health</p> <p>- I understand that different identities (including mine)</p>	<p>- I know the appropriate, respectful words to describe different facets of identity</p> <p>- I can convey aspects of my own multicultural identity using the “dimensions of self” circle</p> <p>- I know which parts of my multicultural identity are most influential in my life experiences</p> <p>- I know and can appreciate who I am and can talk about my family and myself and describe our</p>	<p>- I can convey aspects of my own multicultural identity and I know that overlapping identities combine to make me who I am and that none of my group identities on their own fully defines me or any other person</p> <p>- I feel good about my many identities and know they don’t make me better than people with other identities.</p> <p>- I know about my family</p>	<p>- I know the dimensions of my identity and can express those in contrast to others or to the stereotypes about me</p> <p>- I know and appreciate myself and can comfortably talk about my family and myself and describe our various group identities to those who are close to me.</p> <p>- I understand that different group identities are not treated equitably in society, and can uncover the</p>

	reading		<p>may be viewed differently, and how people can be treated differently based on who they are, and that this is often not fair</p> <p>- I have accurate, respectful words to describe different identities</p>	<p>various group identities</p> <p>- I know how people with identities like mine are treated in society, and the ways in which things can be easier or harder for me because of it, and the impact on my physical and mental health</p>	<p>history and culture and how I am connected to the collective history and culture of other people in my identity group</p>	<p>historical drives of those inequities in order to work toward great equity and justice</p>
<p><u>Understanding Others to Combat Stereotypes and Bias</u></p> <p><i>What are my assumptions about others, and how do these assumptions impact my thoughts and actions?</i></p> <p><i>How do stereotypes/bias impact society?</i></p>	<p>- I understand that different families have different habits, celebrations, foods, and languages, and that's ok</p> <p>- I can feel good about myself without being mean or making other people feel bad</p> <p>- I can describe some ways that I am similar to and</p>	<p>- I understand that different families have different habits, celebrations, foods, and languages, and that's ok</p> <p>- I can compare how they are the same and different from me</p> <p>- I want to know about other people and how our lives and experiences are</p>	<p>- I see how differences are assets and make us stronger</p> <p>- I like knowing people who are like me and different from me, and I treat each person with respect</p> <p>- I know how to talk, work, and play with others even when we are different or when we disagree</p>	<p>- I know how to respectfully ask questions to get to know someone's identity and lived experience</p> <p>- I understand that stereotypes are judgments made without really knowing an individual</p> <p>- I understand how stereotypes, bias, and racism are harmful</p>	<p>- I understand the difference between a stereotype and lived experience</p> <p>- I can respectfully tell someone when his or her words or actions are biased or hurtful.</p> <p>- I am beginning to understand how different group identities (including my</p>	<p>- I have tools to learn about and empathize with the lived experiences of others</p> <p>- I can understand some of my own biases, and know how to be vigilant to my own bias and how to respond to biases I find</p> <p>- I understand and can recognize microaggression, and try to and avoid perpetrating</p>

	different from other people who share my identity and those who have other identities.	the same and different	- Perspective is a central component of empathy		own) are treated in society, and the ways in which this can result in injustice or inequity.	them -I understand the negative impact of stereotypes and the implicit biases that result from them
<u>Cultural Competence - Understanding Power, Privilege and Oppression</u> <i>What is my place in the world?</i> <i>How do power/privilege work?</i> <i>How can I use my power and privilege to combat injustice?</i>	<ul style="list-style-type: none"> - I want to know about other people and how our lives and experiences are the same and different - I know that life is easier for some people and harder for others and the reasons for that are not always fair 	<ul style="list-style-type: none"> - I know some true stories about how people have been treated badly because of their group identities, and what they did about it - I understand that it's wrong to treat others badly based on their identity and I know that individuals can make a difference 	<ul style="list-style-type: none"> - I try and get to know people as individuals because I know it is unfair to think all people in a shared identity group are the same - I know that words, behaviors, rules, and laws that treat people unfairly based on their group identities cause real harm 	<ul style="list-style-type: none"> -I understand that different people have different experiences based on their individual and group identities -I know that words, behaviors, rules, and laws combine to create systems that consistently treat people unfairly based on their group identities, and that it requires changes to the system to reverse this. 	<ul style="list-style-type: none"> - I understand what privilege is, and how different groups of people experience it differently - I know the difference between individual prejudice and systemic oppression, and that each of these requires different solutions 	<ul style="list-style-type: none"> - I understand how power and privilege systematically advantage some people and disadvantage others - I understand intersectionality, recognize struggle, and understand that many different backgrounds struggle in similar ways - I understand the difference between conscious and unconscious bias and am active in identifying my own biases and calling our bias where I see it.

<p><u>Becoming an Ally</u></p> <p><i>What do I do when I see injustice in and outside of my community?</i></p>	<ul style="list-style-type: none"> - I like being around people who are like me and different from me, and I can be friendly to everyone - I know when people are treated unfairly and can stand up for a friend 	<ul style="list-style-type: none"> - I know how to respectfully stand up to hurtful words and actions toward me and toward others - I know what an upstander, bystander, and ally is - I care about those who are treated unfairly - I know about people who helped to stop unfairness and worked to make life better for many people - I can and will do something when I see unfairness - this includes telling an adult 	<ul style="list-style-type: none"> - I can stand up to bullies - I will speak up or do something if people are being unfair, even if my friends do not - I pay attention to how people (including myself) are treated, and I try to treat others how I like to be treated - I will speak up or do something when I see unfairness, and I will not let others convince me to go along with injustice. I know how to get help if I need ideas on how to do this. 	<ul style="list-style-type: none"> - I can stand see and stand up to bullying and stereotyping and explain why it's wrong - I will speak up or do something if people are being unfair, even if my friends do not - I can practice empathy for both the victim and the perpetrator of harm and use that to help resolve conflict - I will speak up or do something when I see unfairness, and I will not let others convince me to go along with injustice. I know how to get help if I need ideas on how to do this. - I know I am connected to other people and can relate to 	<ul style="list-style-type: none"> - I can see patterns of bias and inequity in my own school or immediate community and try to be part of the solution - I can help mediate conflict with empathy for all parties - I will speak up or do something when I see unfairness, and I will not let others convince me to go along with injustice. I know how to get help if I need ideas on how to do this. - I actively seek to understand people I may disagree with in order to make meaningful connections 	<ul style="list-style-type: none"> - I can be an advocate for myself and others - I understand the value of working within my local and global community to advocate for basic human right and justice for people, animals and the environment. - I work with friends, family and Community members to make our world fairer for everyone, and we will plan and coordinate our actions in order to achieve our goals.
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				them even when we are different or when we disagree.		
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