

Deane-Porter School ~ Grade 1, Character Ed. ~ UNITS OF STUDY

Unit #:2 Title: Self-Management Time Frame: September - June

Big Idea: How do we identify and explore appropriate strategies to manage emotions?
How do we communicate emotions safely and authentically?

(I = Introduced; D= developing; M= Mastering)

Standard	WALT	We can	I-D-M
2.1.2.EH.3 Demonstrate self-control in a variety of settings (e.g., classrooms, playgrounds,	Recognize the skills needed to establish and achieve personal and educational goals.	We can use strategies taught to use self-control.	D
2.1.2.EH.4 Demonstrate strategies for managing one's own emotions, thoughts and behaviors. 2.2.2.B.1 Explain what a decision is and why it is advantageous to think before	Understand and practice strategies for managing one's own emotions, thoughts and behaviors.	We can understand that there are different ways that individuals handle stress, and some are healthier than others.	D
2.3.2.PS.5 Define bodily autonomy and personal boundaries.	Reach out to a trusted adult for help anytime you feel uncomfortable or unsafe in a situation.	We can use a personal space bubble or extend out an arm for others to feel comfortable.	D