

Character Education - Grade 4 - Units of Study

Unit 2: Self-Management

Timeframe: September-June

Big Idea: What is self-management? How does our self-management impact us as learners?

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

Health Standard	WALT	We can	I-D-M
2.1.5.EH.3: Identify different feelings and emotions that people may experience and how they might express these emotions (e.g., anger, fear, happiness, sadness, hopelessness, anxiety). 2.1.5.EH.2: Explain how to cope with rejection, loss, difficult learning situations and/or negotiation from family members	Understand and practice strategies for managing one's own emotions, thoughts and behaviors	Identify our big emotions and coping strategies	I
2.1.5.CHSS.3: Describe strategies that are useful for individuals who are feeling sadness, anger, anxiety, or stress	Recognize the skills needed to establish and achieve personal and educational goals	Create, maintain, and evaluate SMART goals based on individual needs	D
2.1.5.EH.4: Identify behaviors that help to deal with difficult situations that can occur at home, in school, and/or in the community and where to go for assistance. 2.1.5.CHSS.3: Describe strategies that are useful for individuals who are feeling negotiation from family members	Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals	Establish strategies for perseverance and build "GRIT;" build student independence	D