

RESILIENCY		District Curriculum				
M i n d s e t S t a n d a r d s		K-2	Grades 3-5	Grades 6-8	Grades 9-12	
						Growth vs. Fixed Mindset
		Learn the importance of persistence	Continue to stress the importance of persistence	Examine self-talk and irrational thinking		Small groups
		Take pride in doing a task well without extrinsic motivators	Take pride in doing a task well without extrinsic motivators	Assess attitude and how it contributes to success		Transitioning activities for 9th grade; grade progression
						Post-secondary nights, post-secondary planning, individual junior/senior meetings
						Career Planning, course/registration planning mtgs, grade checks.

BEHAVIOR				
CONFLICT RESOLUTION	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
LS 1; SMS 1, 7, 9; SS 1-6, 8, 9	Learn when/how to manage conflict independently and when to seek adult help	Learn when/how to manage conflict independently and when to seek adult help	Learn when/how to manage conflict independently and when to seek adult help	Learn and demonstrate when/how to manage conflict independently and when to seek adult help
LS 1; SMS 1, 7, 9; SS 8	Learn to stand up for self and others	Learn to stand up for self and others	Know resources and seek them out	Know resources and seek them out
SS 2, 4, 5	Understand and express empathy	Express feelings, empathy, reactions and ideas in an appropriate manner	Recognize and identify feelings and rights and others and themselves	Recognize/identify the feelings and rights of others and themselves
LS 1; SS 5, 9	Understand choices have consequences	Understand choices have consequences	Apply problem solving, decision making and conflict resolution skills to new challenges	Apply problem solving, decision making and conflict resolution skills to new challenges
	Learn to solve problems using a problem solving model	Learn to solve problems using a problem solving model		
SMS 2, 9; SS 1, 6, 9	Learn to use words to solve problems			Identify and express feelings in an appropriate manner
		Understand DCSD Harassment Policy		
		Define and learn roles associated with bullying to understand how to decrease bullying	Learn roles associated with bullying to understand how to decrease bullying	

LS = LEARNING STRATEGIES

SMS = SELF-MANAGEMENT SKILLS

SS = SOCIAL SKILLS

BEHAVIOR				
SKILLS FOR LEARNING	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
	Learn to write goals	Write goals with effort included	Learn to write and evaluate goals	Establish challenging academic goals
		Learn effective time management skills	Learn effective time management strategies	Apply effective time management skills
	Understand that persistence and effort produce results	Understand that persistence and effort produce results	Demonstrate attitudes and behaviors that lead to successful learning	Demonstrate attitudes and behaviors that lead to successful learning
	Apply the study skills necessary for academic success	Apply the study skills necessary for academic success	Apply the study skills necessary for academic success	Apply the study skills necessary for academic success
	Accept mistakes as part of the learning process	Accept mistakes as part of the learning process		
	Learn how and when to ask for help when needed	Learn how and when to ask for help when needed	Know how and when to use appropriate/ available resources	Know how and when to use appropriate/ available resources
	Take pride in work, effort and achievement	Take pride in work, effort and achievement		

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BEHAVIOR				
LIFE CHANGES: LOSS	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
SMS 7; SS 4, 9	To understand the different types of loss	Understand the grief process		Recognize signs of loss/transition in self and others
LS 1; SMS 1, 7, 9; SS 8, 9	Express feelings/memories	Explore feelings/memories related to loss	Support the health curriculum on facts and prevention of suicide	Take appropriate action when needed for loss/transition. Know available resources.

BEHAVIOR				
LIFE CHANGES: TRANSITION	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
SMS 10	Understand and accept change is a part of life	Understand and accept change is a part of life	Understand and accept change is a part of life	Understand and accept change is a part of life
SMS 7, 9; SS 9	Learn how to adapt to changes	Demonstrate healthy coping skills when dealing with change	Demonstrate healthy coping skills when dealing with change	Demonstrate healthy coping skills when dealing with change

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BEHAVIOR				
PROTECTIVE BEHAVIORS	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
LS 1; SMS 2, 7, 9, 10; SS 5, 9	Understand appropriate/inappropriate or confusing touch	Understand appropriate/inappropriate or confusing touch	Identify risky behaviors	Identify risky behaviors and apply effective problem solving and decision making skills to make safe and healthy choices
SMS 7, 9	Identify uncomfortable feelings with touch	Discuss threatening situations and develop a planned response	Identify resources and strategies for staying safe	Identify resources and strategies for staying safe
LS 5, SMS 2, 4, 7, 9; SS 1, 2, 5, 9	Know who to tell about uncomfortable situations	Develop and practice safe habits when using technology	Develop and practice safe habits when using technology	Develop and practice safe habits when using technology

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BEHAVIOR				
COMMUNICATION SKILLS	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
SS 1	Become aware of and practice effective listening skills	Practice active listening skills	Identify the components of effective communication and use them with others	Use effective communication skills when interacting with others
LS 9; SS 9	Introduce concept of passive, assertive, and aggressive behaviors	Review concept of passive, assertive, and aggressive behaviors	Practice assertiveness skills	Respect individual differences and alternative points of view
		Introduce I Messages and practice these		
LS 5; SMS 2, 4, 9, 10; SS 1, 9				Understand how to communicate appropriately when transitioning into adulthood including social media
LS 9; SS 2-4, 6, 8, 9			Develop and maintain healthy relationships	Develop and maintain healthy relationships

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BEHAVIOR				
SELF REGULATION	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
SMS 1, 2, 7, 9; SS 9	Name, manage and express emotions appropriately	Name, manage and express emotions appropriately	Name, manage and express emotions appropriately	Name, manage and express emotions appropriately
SMS 1, 2, 4	Develop accurate perceptions of others feelings	Learn effective ways to deal with negative feelings	Identify different types of responses to situations	Demonstrate self-control in the classroom, school and community
	Understand how one's words and actions affect the feelings of others.	Review understanding of feelings and review techniques for coping with feelings	Practice healthy coping skills	Apply concepts of healthy coping skills
			Explore personal moral beliefs and values	Understand likely outcomes of choices

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BEHAVIOR				
CAREER	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
	Learn to listen and follow directions		Learn the importance of early academic planning to prepare for further education and career goals.	Review and modify academic planning to prepare for further education and career goals.
		Acquire knowledge of careers through technology and community resources	Acquire knowledge of careers through technology and community resources	Know where to access and how to explore post-secondary planning options
	Develop good work habits/routines	Understand the relationship between school and work		Be able to assess abilities, skills, and interests values as they relate to career interests
		Understand how one's skills, interests and personal strengths are related to the world of work	Identify and understand employability skills	Identify career readiness/employability skills

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BEHAVIOR				
WORKING COLLABORATIVELY	District Curriculum			
	K-2	Grades 3-5	Grades 6-8	Grades 9-12
ASCA Standards				
	Understand group rules	Understand group rules and roles	Recognize the attributes and skills that contribute effective teamwork	Demonstrate the attributes and skills that contribute effective teamwork
	Learn skills to be a productive group member	Learn skills to be a productive group member	Learn to work together to complete a task	
	Respect differences and compromise	Respect differences and compromise	Respect differences and compromise	Respect differences and compromise

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