Guidance – 5th Grade

(5.1) Empathy and Skills for Learning

HF #	Objective
1	Define *empathy*
2	Define *respect*
3	Demonstrate listening-with-attention skills
4	Identify passive, aggressive and assertive responses
5	Demonstrate assertive responses with their partners
6	Predict how others might feel as a result of their or another's actions
7	State the cause and effects of a given action
8	Demonstrate the ability to take someone else's perspective
9	Identify similarities and differences between two people
10	Define *prejudice*
11	Distinguish between respectful and disrespectful ways to disagree
12	Communicate their own perspectives
13	Demonstrate skills for disagreeing respectfully
14	Demonstrate knowledge of how to respond with compassion

(5.2) Emotion Management

HF#	Objective
15	Describe what happens in their brains and bodies when they experience strong emotions
16	Identify a personal signal
17	Identify and name strong feelings
18	Identify situations in which they might need to calm down
19	Learn the technique for deep, centered breathing
20	Identify and demonstrate other Ways to Calm Down(using positive self-talk, counting, taking a breath)
21	Identify social situations that can cause anxiety
22	Apply what they've learned about calming down in scenarios causing social anxiety
23	Identify physical signs of frustration
24	Demonstrate reducing frustration by using the Calming-Down Steps
25	Identify consequences of revenge
26	Generate alternatives for seeking revenge
27	Demonstrate using the Calming-Down Steps
28	Identify strategies for handling put-downs
29	Demonstrate what they've learned about the Calming-Down Steps
30	Demonstrate assertive responses to put-downs
31	Identify emotion-management strategies
32	Demonstrate Assertiveness Skills
33	Identify and use positive self-talk statements to avoid making assumptions

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(5.3) Problem Solving

HF#	Objective
34	Recall the S: Say the problem step of the Problem-Solving Steps
35	State a problem without blaming anyone
36	Generate safe and respectful solutions to a problem
37	Identify consequences of potential solutions
38	Select an appropriate solution to a problem
39	Explain the purpose of making a plan
40	Create a three-step plan to carry out a solution to a problem
41	State the Problem-Solving Steps
42	Demonstrate using Assertiveness Skills when seeking help
43	Identify why some gossip is harmful
44	Generate ideas for refusing or avoiding harmful gossip
45	Demonstrate using the Problem-Solving Steps to deal with gossip
46	Demonstrate using assertiveness skills to resist peer pressure
47	Demonstrate using the Problem-Solving Steps to figure out ways to resist peer pressure
48	Identify *Second Step* skills and concepts being used in scenarios students might encounter at school
49	Include *Second Step* skills in a written script about solving a problem

(5.4)

HF#	Objective
50	Understand the importance of clarifying intentions
51	Apply a process for clarifying intentions
52	Understand why trust is important in friendship
53	Determine ways to build trust in a friendship
54	Identify angry feelings
55	Define *conflict*
56	Apply emotion-management strategies, including self-talk, during a conflict
57	Identify a conflict from different perspectives
58	Generate and evaluate possible solutions to a problem
59	Apply a problem-solving model and skill steps to manage conflicts respectfully
60	Apply perspective-taking skills
61	Generate ideas for making amends

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(5.5)

HF#	Objective
62	Identify a variety of bullying behaviors
63	Distinguish between bullying and conflict
64	Distinguish between face-to-face bullying and behind-the-back bullying
65	Define *bullying*
66	Recognize ways in which people are bullied about their bodies
67	Recognize sexual bullying and sexual harassment
68	Understand the school policy on sexual harassment
69	Evaluate situations and determine a safe response
70	Apply assertiveness skills
71	Apply emotion-management techniques
72	Apply bullying-reporting skills
73	Define *bystander*
74	Understand bystanders' responsibility to help stop bullying
75	Recognize feelings that indicate discomfort with a situation
76	Evaluate the safety of a bullying situation from a bystander's perspective
77	Identify ways to help people who have been bullied

(5.6)

HF#	Objectives
78	Identify problem behaviors
79	Identify the possible effect on individuals and society if nobody took responsibility for stopping bullying
80	Understand the positive influence of older students on younger students
81	Identify students' responsibilities
82	Understand how to set personal goals
83	Develop a personal goal
84	Understand how to measure progress toward personal goals
85	Identify ways to cope with setbacks
86	Summarize the benefits of studying the *Steps to Respect* program
87	Define *community*
88	Identify skills and concepts that help create a safe, respectful school community
89	Apply perspective-taking skills
90	Apply teamwork skills
91	Demonstrate *Steps to Respect* knowledge