

# Guidance – 1st Grade

Fall 2012

## (1.1) Skills for Learning

HF #	Objective
1	Name and demonstrate the Listening Rules
2	Apply attention, memory and inhibitory control skills in a brain-building game
3	Name and demonstrate the Listening Rules
4	Demonstrate attention skills in the context of a game
5	State typical classroom verbal cues that request student attention
6	Demonstrate listening and following directions within the context of a game
7	Demonstrate self-talk strategies for remembering directions
8	Distinguish an assertive request from a passive or aggressive one
9	Identify assertive posture and tone of voice
10	Demonstrate assertive communication skills in response to scenarios

## (1.2) Empathy

HF#	Objective
11	Name feelings when presented with physical clues
12	Name feelings when presented with physical clues
13	Name feelings when presented with environmental and situational clues
14	Compare physical and emotional similarities and differences between two children
15	Demonstrate that people can have different feelings about the same situation
16	Demonstrate welcoming and inviting behaviors
17	Know what the word <i>accident</i> means
18	Know what to say when they do something by accident
19	Predict how others might feel as a result of their own or others' actions
20	Recall that listening, saying kind words and helping are three ways to show caring
21	Demonstrate caring and helping in response to scenarios

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## (1.3) Emotion Management

HF#	Objective
22	Identify physical clues in their bodies that help them identify their feelings
23	Identify grown-ups to talk to about feelings
24	Recognize situations and physical body cues that signal strong feelings
25	Demonstrate two Calming-Down Steps to manage strong feelings
26	Explain physical and situational clues to feeling angry
27	Demonstrate the proper belly breathing technique
28	Use a three-step process to calm down: Say “stop,” name your feeling and do belly breathing
29	Recognize situations that require the use of calming-down strategies
30	Use positive self-talk to calm down
31	Recognize situations that require the use of calming-down skills
32	Demonstrate the Ways to Calm Down-belly breathing, counting and using positive self-talk
33	Identify grown-ups to talk to when feeling worried

## (1.4) Problem Solving

HF#	Objective
34	Use words to describe problems presented in scenarios
35	Generate multiple solutions to problems presented in scenarios
36	Predict consequences using an if-then model
37	Select a reasonable solution to a problem
38	Define and differentiate sharing, trading and taking turns
39	Identify and state the problem in a given situation
40	Generate possible solutions to a problem scenario
41	Demonstrate the Fair Ways to Play
42	Apply the Problem-Solving Steps
43	Demonstrate how to invite someone to play in response to scenarios
44	Demonstrate assertive responses to name-calling
45	Identify adults to tell if name-calling doesn't stop
46	Recall skills on all the posters
47	Demonstrate the Listening Rules
48	Demonstrate the Calming-Down Steps
49	Name one concept or skill they learned in their <i>Second Step</i> lessons