

WHAT MAKES OUR THIRD GRADE LESSONS UNIQUE?

FEATURED COMPETENCIES

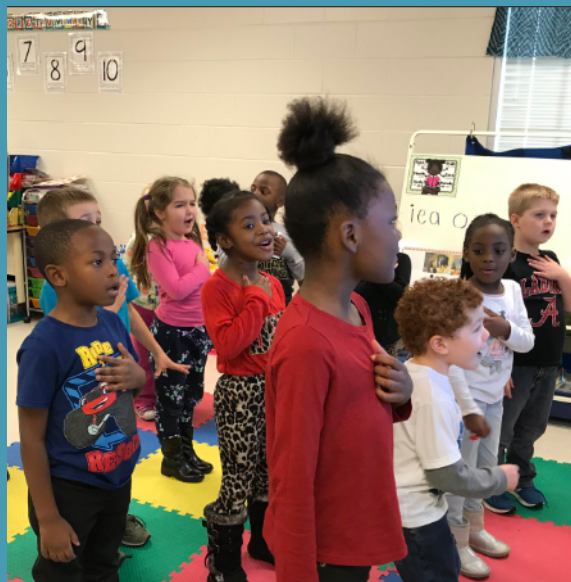
Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making



Move This World recognizes that third grade is a key year when social groups begin to form and the complexities of relationships start to make themselves known. That's why our third grade lessons proactively focus on providing students with the skills they will need to interact with their peers while continuing to deepen other key skills that allow students to engage deeper in academic learning.

SELF-AWARENESS

Use an expansive emotional vocabulary to define and identify a variety of emotions.

- Define, identify, and practice expressing different emotions.
- Define what an emotion is and why it is important to understand our emotions.
- Describe how we are feeling using a variety of emotional vocabulary words.

Understand and explain the complexity of emotions

- Describe examples of people, places and things that make us feel different emotions.
- Understand how different situations make us feel different ways.
- Recognize that emotions vary in intensity and label the intensity of the emotion we are experiencing.

Recognize a variety of ways our own emotions can affect us.

- Recognize how our emotions can be experienced physically.
- Recognize how different situations can impact the way we feel feelings.

Recognize when and how our emotions can affect and be affected by others.

- Describe times when someone else's emotions impacted us.
- Explain how our emotions and behavior impact those around us and how they feel.

SELF-AWARENESS

Deepen a sense of agency and self-confidence.

- Describe our current interests and identify other interests we would like to explore.
- Identify, describe, and celebrate our own personal strengths.
- Explore our skills by engaging in conversations with our classmates.
- Describe and celebrate our personal accomplishments.

SELF-MANAGEMENT

Master emotional management strategies (Emogers®).

- Tighten and Release
- Count to 10
- Walk Away Quietly
- Smile, Give a Hug or Fistbump
- Drink a Glass of Water
- Look for Help
- Breathe 5 Times
- Active Listening
- Meet in the Middle
- Put Yourself In Someone Else's Shoes

Confidently manage emotions using a variety of strategies.

- Develop positive self-talk as a way to manage our emotions.
- Recognize when we need to use an emotional management strategy
- Describe how we can select an emotional management strategy for specific situations.
- Learn about our own impulses and understand why impulses might get in the way of our goals.
- Describe how our challenges affect our emotions. Identify ways to cope with challenges.

SELF-MANAGEMENT

Recognize a variety of ways our own emotions can affect us.

- Recognize how our emotions can be experienced physically.
- Recognize how different situations can impact the way we feel feelings.

Practice the skill of self-expression.

- Describe how we prefer to express our emotions and why.
- Recognize and practice how we can communicate how we are feeling with body language.
- Practice demonstrating and sharing how we feel.
- Practice expressing our emotions through movement and poetry.

Use a growth mindset to cultivate resilience and achieve goals.

- Identify and share our personal learning needs and why school might be challenging for us.
- Emphasize the importance of practice and persistence when working to achieve a goal.
- Describe action steps and strategies to help us reach our personal and academic goals.
- Practice identifying and overcoming challenges that might stop us from reaching a goal.
- Describe resilience and identify how resilience can help us respond to challenges.
- Identify ways others have helped us develop resilience.

SOCIAL AWARENESS

Use our expanded emotional vocabulary to understand, communicate, and interact with others.

- Identify and describe how others might be feeling.
- Describe ways we can identify how other people are feeling via body language, active listening, facial expression, etc.
- Understand that others have complex emotions, too.
- Identify different ways we can respond to the feelings of others.

Practice and apply the skill of perspective-taking.

- Define what a perspective is. Identify two different perspectives we could have on the same situation.
- Explain why it is important to listen to and value different perspectives
- Recognize that the same situation makes different people feel different ways.

SOCIAL AWARENESS

Understand and practice empathy.

- Explain why empathy is important and describe examples of people showing one another empathy.
- Identify the ways we can show empathy for one another.

Deepen an awareness of and appreciation for diversity.

- Define culture and ethnicity and explain where our families are from.
- Identify and explore some of the commonalities we share with one another and the things that make us unique.
- Describe reasons why being different from one another is good.
- Explain a tradition from our personal families, cultures, and experiences.
- Identify ways to voice our opinion/perspective in respectful ways.

RELATIONSHIP SKILLS

Deepen active listening skills.

- Understand what active listening looks, feels, and sounds like.
- Practice active listening in peer-to-peer situations.
- Recognize how practicing active listening can help us respond respectfully and follow complex instructions.

RELATIONSHIP SKILLS

Practice ways of being kind and showing gratitude.

- Explore ways of being kind to others while experiencing acts of kindness from our peers.
- Define appreciation and practice ways of showing appreciation to others.
- Explain why it's important to let other people know we care about them and describe appropriate ways to let other people know they are important to us.

Prepare for the complexities of peer group interactions.

- Practice supporting and encouraging one another to join a group
- Learn new strategies we can use to resolve a conflict and how to use them in different situations.
- Identify ways to voice our opinion/perspective in respectful ways.
- Identify ways to respond to our peers to show we respect their opinions and perspectives.
- Explain how understanding others' emotions can help us know when and how we can help them.

RESPONSIBLE DECISION-MAKING

Take ownership of the choices we make on a daily basis and their impact on our individual well-being.

- Explain things that we do on a daily basis to take care of our individual wellbeing.
- Define mistake and failure and why it is important not to be afraid of failure.
- Identify mistakes that we have made in the past and what we might have learned from them.
- Explain what it means to "take responsibility" for something and why it's important to take responsibility for our mistakes.

Make choices that promote productive classroom meetings or group meetings.

- Identify appropriate strategies and communication skills when working in large and small groups.
- Practice creating a safe and welcoming space for ourselves and each other.

RESPONSIBLE DECISION-MAKING

Demonstrate a collective sense of responsibility for our community and classroom.

- Explain things we do on a daily basis to take care of our community.
- Describe the things that we appreciate about the communities we belong to.
- Identify the characteristics of a safe situation and the characteristics of an unsafe situation.
- Describe a long term project we can start to benefit our community.
- Identify ways we can contribute to our community to make it a safer place.
- Identify positive features of our classroom community and how we can contribute to the community we want.