

WHAT MAKES OUR FOURTH GRADE LESSONS UNIQUE?

FEATURED COMPETENCIES

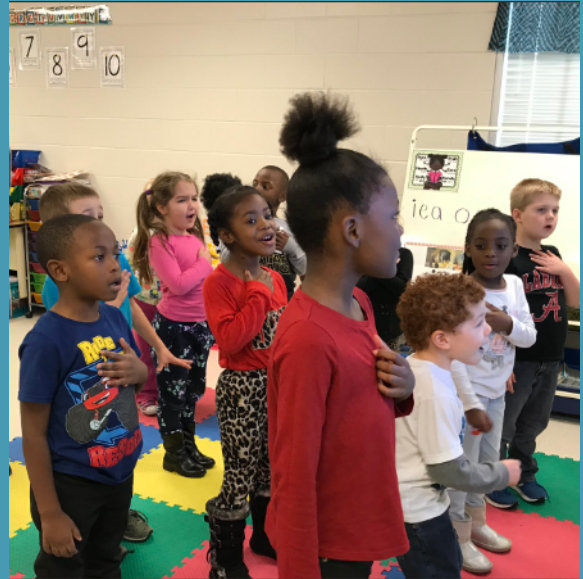
Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making



Fourth grade brings the emergence of independence. That's why our fourth grade lessons focus deeply on the skill of self-advocacy by encouraging students to take ownership of their emotions, their actions and their own learning to become more confident in their budding independence.

SELF-AWARENESS

Understand and describe emotions using an expansive emotional vocabulary.

- Describe how we are feeling using a variety of emotional vocabulary words and what caused the feeling.
- Identify, recognize and name our personal complex emotions
- Describe how we prefer to express our emotions. Explain why.

Understand and explain the complexity of emotions.

- Describe examples of people, places and things that make us feel different emotions.
- Recognize when we are feeling more than one emotion at a time.
- Recognize how our emotions can be experienced physically.

Practice new ways of understanding and expressing emotions.

- Describe situations that make us feel the way we want to feel.
- Express emotions through words using poetry.
- Use movement as a way to express emotions.

Deepen a sense of agency, self-perception, and self-confidence.

- Identify and express our hopes, dreams, goals, challenges, strengths, and supports.
- Celebrate our strengths, abilities and accomplishments.
- Identify personal skills and interests that we would like to develop.

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.

- Recognize when and how 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.

Use a growth mindset to cultivate resilience and achieve goals.

- Identify personal and academic goals based on our interests and skills.
- Identify challenges that might stop us from reaching a goal.
- Describe growth mindset and identify how using a growth mindset can help us respond to challenges.
- Identify how positive self-talk, practice, and resilience can help us reach a goal.
- Execute action steps and strategies and measure our own progress to help us reach our personal and academic goals.
- Analyze what about school is challenging for us.
- Identify and share our personal learning needs.

SOCIAL AWARENESS

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

- Recognize and describe how others might be feeling using body language, active listening, facial expression, etc.
- Identify different ways we can respond to the feelings of others.
- Describe times when someone else's emotions impacted us.
- Recognize how our emotions and behaviors impact others.

Practice empathy 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.
- Explain why empathy is important and demonstrate ways of showing empathy to others.
- Practice responding to the feelings of others in a variety of ways.

Demonstrate 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.
- Explain a tradition from our personal families, cultures, and experiences.
- Identify ways that our traditions are similar. Identify ways that our traditions are different.

RELATIONSHIP SKILLS

Develop key friendship skills.

- Identify ways we can build positive relationships to make and keep friends.
- Brainstorm ways we can welcome and talk to new students.
- Describe how peers can support each other.
- Explain behaviors or actions that help us keep friends.
- Explain why it's important to express appreciation to others. Express appreciation to someone important to us.

Practice communication skills that contribute to positive relationships.

- Practice sharing how we are feeling.
- Explain how active listening prepares us to respond respectfully.
- Identify ways we can respond to our peers to show we respect their opinions and perspectives

Understand the complexities of peer group interactions.

- Practice supporting and encouraging one another to join a group.
- Identify appropriate strategies and communication skills we can use when working in large and small groups.
- Participate appropriately and effectively in class meetings or groups.
- Describe which conflict resolution strategies we can use in a particular situation and identify the different possible outcomes from the different strategies.

RESPONSIBLE DECISION-MAKING

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

- 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" and why it's important to take responsibility for our mistakes.
- Define what it means to be dishonest and identify ways that dishonest behavior can impact us and the people around us.

Make choices that promote a safe classroom, school, and community environment.

- Discuss ways that rules & group norms help keep us safe and influence our behavior.
- Practice creating a safe, supportive, and welcoming space for ourselves and each other.
- Use strategies to support students who are left out or bullied.
- Identify the characteristics of an unsafe situation.
- Consider ethical, safety, and societal factors in making decisions.

RESPONSIBLE DECISION-MAKING

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

- Develop a plan to help improve behavior in our group or class.
- Identify and describe different ways we can contribute to our community, both as an individual and as a group.
- Describe the things that we appreciate about the communities we belong to.
- Describe a long term project we can start to benefit our community and make it a safer place.