

WHAT MAKES OUR FIFTH GRADE LESSONS UNIQUE?

FEATURED COMPETENCIES

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making



Our fifth grade lessons recognize that during this developmental stage, students are beginning to look outward. Move This World uses this momentum to help students explore the importance of civic engagement and encourage students to develop a sense of personal responsibility for the well-being of their classroom, school and community.

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.

SELF-MANAGEMENT

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 expressions, 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.

SOCIAL AWARENESS

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.

RELATIONSHIP SKILLS

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.

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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.