

Resiliency Education Standards, 2023

Kindergarten

Standard 1: HE.K.R.1. Character

HE.K.R.1.1 Define and give examples of kindness and caring.

HE.K.R.1.2 Demonstrate the ability to take turns and share with others.

HE.K.R.1.3 Describe ways to show respect to others.

HE.K.R.1.4 Identify the difference between the truth and a lie.

Standard 2: HE.K.R.2. Personal Responsibility

HE.K.R.2.1 Identify healthy choices that affect personal wellness.

HE.K.R.2.2 Demonstrate the ability to follow rules and directions.

HE.K.R.2.3 Discuss the value of goal setting.

HE.K.R.2.4 Identify and recognize basic feelings.

Clarification: Sad, mad, happy, excited, worried.

HE.K.R.2.5 Identify personal strengths and actions individuals can do independently.

Clarification: Empathy, listening, sharing, adapting, showing courage, leadership.

Standard 3: HE.K.R.3. Mentorship and Citizenship

HE.K.R.3.1 Identify the roles and responsibilities of trusted adults.

Clarification: Trusted adults could be parents, teachers, police officers, school counselors, grandparents.

HE.K.R.3.2 Identify characteristics of a good citizen in school and the community.

Standard 4: HE.K.R.4. Critical Thinking and Problem Solving

HE.K.R.4.1 Identify when help is needed and who to ask for help.

HE.K.R.4.2 Identify the importance of sharing thoughts and ideas to solve problems.

HE.K.R.4.3 Discuss ways to work together to solve problems.

Grade 1

Standard 1: HE.1.R.1. Character

HE.1.R.1.1 Discuss ways to respect personal property and personal space of others.

HE.1.R.1.2 Describe the traits of a good friend.

HE.1.R.1.3 Identify the benefits of sharing and cooperation.

HE.1.R.1.4 Define and give examples of honesty.

HE.1.R.1.5 Identify strategies to overcome a challenge.

Standard 2: HE.1.R.2. Personal Responsibility

HE.1.R.2.1. Identify my role and responsibilities in the school, community, and family.

Clarification: Following directions, rules and procedures.

HE.1.R.2.2. Establish a short-term goal as a class and take action toward achieving the goal.

HE.1.R.2.3. Identify the characteristics of a responsible decision maker.

HE.1.R.2.4 Describe how individual actions can affect others.

HE.1.R.2.5 Identify strategies to discover and demonstrate personal strengths.

Clarification: Sense of pride, working toward intrinsic motivation, experiencing a sense of accomplishment.

HE.1.R.2.6 Identify healthy ways to express needs and wants.

Standard 3: HE.1.R.3. Mentorship and Citizenship

HE.1.R.3.1 Identify characteristics of a leader in the school community.

HE.1.R.3.2 Demonstrate the characteristics of a good citizen in school and the community.

Standard 4: HE.1.R.4. Critical Thinking and Problem Solving

HE.1.R.4.1 Identify the importance of working together to solve problems.

HE.1.R.4.2 Identify the importance of sharing thoughts and ideas as an individual and as part of a group.

HE.1.R.4.3 Understand that conflict may arise when working together.

Clarification: Differing perspectives.

Grade 2

Standard 1: HE.2.R.1. Character

HE.2.R.1.1 Identify the benefits of showing kindness and treating others with respect.

HE.2.R.1.2 Identify what a conflict is and how disagreements can happen.

HE.2.R.1.3 Explain the importance of being truthful.

Standard 2: HE.2.R.2. Personal Responsibility

HE.2.R.2.1 Identify ways to make positive contributions to the wellbeing of the school and the community.

HE.2.R.2.2 Identify personal goals and strategies to achieve those goals.

HE.2.R.2.3 Demonstrate healthy ways to express needs, wants, and listening skills.

Clarification: Paying attention, eye contact, asking for help.

HE.2.R.2.4 Identify personal strengths and areas for improvement.

Standard 3: HE.2.R.3. Mentorship and Citizenship

HE.2.R.3.1 Identify ways to benefit the school and the community.

Clarification: Conservation, recycling, being a classroom helper, volunteering.

HE.2.R.3.2 Identify characteristics of a community leader.

Standard 4: HE.2.R.4. Critical Thinking and Problem Solving

HE.2.R.4.1 Identify strategies to work together to solve problems.

HE.2.R.4.2 Identify how disagreements can be settled using conflict resolution skills.

Grade 3

Standard 1: HE.3.R.1. Character

HE.3.R.1.1 Identify skills needed when working with others.

Clarification: Listening, cooperating, taking turns, compromise.

HE.3.R.1.2 Identify ways to display trustworthiness.

HE.3.R.1.3 Discuss ways to be loyal to friends and family.

Standard 2: HE.3.R.2. Personal Responsibility

HE.3.R.2.1 Categorize resources used to achieve a personal goal.

HE.3.R.2.2 Identify ways in which my decisions affect others.

HE.3.R.2.3 Describe positive ways to deal with failure and learn from challenges.

HE.3.R.2.4 Discuss how skills can be improved through hard work and perseverance.

Standard 3: HE.3.R.3. Mentorship and Citizenship

HE.3.R.3.1 Identify leadership opportunities within the school and the community.

HE.3.R.3.2. Identify opportunities to volunteer or serve others in the school or community.

Standard 4: HE.3.R.4. Critical Thinking and Problem Solving

HE.3.R.4.1. Explain the importance of always taking ownership for personal actions.

HE.3.R.4.2. Identify different solutions and potential outcomes when problems arise.

Grade 4

Standard 1: HE.4.R.1. Character

HE.4.R.1.1 Consider the perspectives of others.

HE.4.R.1.2 Identify the benefits of treating others with respect.

HE.4.R.1.3 Predict the potential outcomes of repeating and/or sharing information that is not true.

HE.4.R.1.4 Identify strategies to help persevere in difficult situations.

Standard 2: HE.4.R.2. Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

HE.4.R.2.2. Identify the value of making healthy choices for personal well-being.

HE.4.R.2.3 Create a personal goal and track progress toward achievement.

HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.

Standard 3: HE.4.R.3. Mentorship and Citizenship

HE.4.R.3.1 Identify opportunities to actively participate as a responsible citizen in the school and the local community.

HE.4.R.3.2 Model serving or helping others in the school or community.

Standard 4: HE.4.R.4. Critical Thinking and Problem Solving

HE.4.R.4.1 Describe how perseverance may help overcome obstacles.

HE.4.R.4.2 Describe strategies to resolve conflicts.

Clarification: Compromise, agree-to-disagree, civil discourse.

Grade 5

Standard 1: HE.5.R.1. Character

HE.5.R.1.1 Discuss how to work together to achieve a positive outcome.

HE.5.R.1.2 Identify how to communicate effectively within a group.

HE.5.R.1.3 Describe the importance of considering the perspective of others when communicating.

HE.5.R.1.4 Discuss ways that honesty and trustworthiness can lead to school and career success.

Standard 2: HE.5.R.2. Personal Responsibility

HE.5.R.2.1 Describe the importance of having the courage to do the right thing even when it is difficult.

HE.5.R.2.2 Discuss how responsible decision-making affects personal well-being.

HE.5.R.2.3 Select reliable resources that would assist in achieving a personal goal.

HE.5.R.2.4 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal practice.

HE.5.R.2.5 Explain how attitudes and thoughts can influence your behavior and affect others.

HE.5.R.2.6 Demonstrate how to positively respond to external influences.

Clarification: Social media, television, music, peers.

Standard 3: HE.5.R.3. Mentorship and Citizenship

HE.5.R.3.1 Identify leadership skills that encourage and empower others.

HE.5.R.3.2 Identify ways to participate in decision-making in the school or community.

Standard 4: HE.5.R.4. Critical Thinking and Problem Solving

HE.5.R.4.1 Apply organizational strategies that support completing multiple tasks efficiently.

HE.5.R.4.2 Identify successful strategies for adjusting to change and setbacks.

Clarification: Coping, grit, new learning.

HE.5.R.4.3 Compare conflict resolution methods to identify potential solutions.

Clarification: Negotiation, give and take, analyze pros and cons.

Grades 6-8

Standard 1: HE.68.R.1. Character

HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.

Clarification: Identifying others' feelings, perspectives, circumstances, experiences, and active listening.

HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.

HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions.

Standard 2: HE.68.R.2. Personal Responsibility

HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions.

HE.68.R.2.2 Demonstrate responsible decision-making that considers multiple perspectives.

HE.68.R.2.3 Describe the importance of following school and community laws and rules.

HE.68.R.2.4 Monitor progress toward attaining a personal goal.

HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.

HE.68.R.2.6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities.

HE.68.R.2.7 Identify how continuous learning leads to personal growth.

HE.68.R.2.8 Identify strategies to manage challenges and setbacks.

Clarification: Time management, setting boundaries, setting realistic goals, self-care.

HE.68.R.2.9 Identify healthy responses to negative peer pressure.

Standard 3: HE.68.R.3. Mentorship and Citizenship

HE.68.R.3.1 Discuss ways a leader can build the trust of individuals and groups.

HE.68.R.3.2 Explain and develop ways to apply leadership skills in the school and the community.

HE.68.R.3.3 Identify the importance of volunteerism in positively affecting the community and nation.

HE.68.R.3.4 Identify ways to participate in our constitutional republic through public policy, voting, and leadership positions.

Standard 4: HE.68.R.4. Critical Thinking and Problem Solving

HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others.

HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.

HE.68.R.4.3 Analyze ways to pursue common goals as a part of a team or group.

HE.68.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem.

Grades 9-12

Standard 1: HE.912.R.1. Character

HE.912.R.1.1 Demonstrate effective and respectful communication skills and strategies.

Clarification: Differing opinions.

HE.912.R.1.2 Demonstrate empathy in a variety of contexts and situations.

Clarification: Identifying others' feelings, perspectives, circumstances, experiences, and active listening.

HE.912.R.1.3 Adjust behavior to respect the needs of others.

Standard 2: HE.912.R.2. Personal Responsibility

HE.912.R.2.1 Describe the importance of leadership skills in the school and the community.

HE.912.R.2.2 Analyze different perspectives to inform responsible decision-making.

HE.912.R.2.3 Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.

HE.912.R.2.4 Implement strategies and monitor progress in achieving a personal goal.

HE.912.R.2.5 Formulate an effective long-term plan to include all dimensions of wellness.

HE.912.R.2.6 Analyze how actions and reactions can influence one to respond in different situations.

Clarification: Emotions not governing behavior.

HE.912.R.2.7 Evaluate strategies that assist with managing challenges or setbacks.

Clarification: Time management, setting boundaries, setting realistic goals, self-care.

Standard 3: HE.912.R.3. Mentorship and Citizenship

HE.912.R.3.1 Identify benefits of voting, volunteering, mentoring, and seeking leadership positions.

Clarification: Student government, clubs, volunteering in the community.

HE.912.R.3.2 Analyze ways a leader can inspire confidence and motivate others.

HE.912.R.3.3 Analyze situations and demonstrate strategies to engage in respectful debate.

Clarification: Group projects, class discussions.

Standard 4: HE.912.R.4. Critical Thinking and Problem Solving

HE.912.R.4.1 Analyze the importance of character and grit to achieve successful outcomes.

HE.912.R.4.2 Generate and apply alternative solutions when solving problems or resolving conflict.

HE.912.R.4.3 Describe ways to anticipate, avoid or de-escalate conflicts.
