4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management
❑ K.4.4.A.1 **Demonstrate an awareness of factors** (e.g., personal attitudes, supportive environment, accomplishments, positive thinking, genetics, media stereotyping…) **that influence self-esteem and self-confidence**	❑ K.4.4.A.2a **Identify a goal-setting process** (e.g., assess attributes, set goals, visualize, practise, monitor, automate, enjoy…) **for establishing personal goals**	❑ K.4.4.A.2b **Describe the factors** (e.g., success/failure, attitude, support from others, commitment, intrinsic and extrinsic rewards…) **that affect personal motivation and achievement of goals**	❑ K.4.4.A.3 **Identify the steps of the decision-making/problem-solving process with an emphasis on the final steps** (e.g., making the decision, taking action, evaluating results…)
K **A**	**K** **A**	**K** **A**	**K** **A**

4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management
❑ K.4.4.B.1a **Identify appropriate social behaviours** (e.g., speaking kindly, acknowledging others' ideas and opinions, offering to help…) **toward others in small-group situations**	❑ K.4.4.B.1b **Discuss connections or representations of cultures in different physical and recreational activities** (e.g., lacrosse from Aboriginal culture, tinikling from Philipines, voyageur games from French-Canadian culture…)	❑ K.4.4.B.2a **Identify positive communication skills** (e.g., encouraging remarks, using appropriate etiquette, using appropriate body language…) **and behaviours** (i.e., fair play code of conduct) **for getting along with others in competitive situations** (i.e., as a participant, player, or spectator)	❑ K.4.4.B.2b **Identify ways** (e.g., assign and accept reesponsibility for roles in an activity, celebrate successes of self and others, say please/thank you…) **to get along with others in cooperative/collaborative situations**
K B	K B	K B	K B

4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management
❑ K.4.4.C.1a **Identify characteristics of and/or behaviours associated with different emotions** (e.g., fear, helplessness, anger, affection, excitement, frustration, disappointment, enthusiasm…) **in self and/or others**	❑ K.4.4.C.1b **Identify different strategies** (e.g., talk with family, supportive friends, religious leader…) **for coping with loss and grief**	❑ K.4.4.C.2 **Recognize that people have different reactions** (e.g., excitement, fear, motivation, inhibition…) **to stressors**	❑ K.4.4.C.3 **Identify the physical responses the body may experience as a result of stress** (e.g., heart-rate increase, blushing, muscles tighten, pupils of eyes widen, knots in stomach, butterflies, dry mouth…)
K **C**	**K** **C**	**K** **C**	**K** **C**

4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management
❏ K.4.4.C.4a **Identify the stress management skills** (e.g., relaxation skills, stress control skills, positive thinking, guided imagery, use of humour, talking with others…) **that may be useful in coping with stress**	❏ S.4.4.A.1 **Set goals** (e.g., improve fitness score, improve dietary intake, increase participation in daily physical activity, improve academic achievement…) **to enhance health and physical well-being**	❏ S.4.4.A.2 **Design, implement, evaluate, and revise an action plan for making a group decision** (e.g., classroom rules and routines, planning a class or group activity…)	❏ S.4.4.A.3 **Demonstrate inter-personal skills** (i.e., ability to communicate verbally and non-verbally with others, work cooperatively and collaboratively, show respect and consideration for rights and feelings of others, be responsible for self and others) **for getting along with others in class activities**
K **C**	**S** **A**	**S** **A**	**S** **A**

4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management	4 Personal/Social Management
❑ S.4.4.A.5 **Demonstrate use of stress management strategies** (e.g., talking to supportive others, using guided imagery to visualize positive outcomes, using positive self-talk, going for recess or family walk…) **by oneself and/or with others in a variety of contexts** (e.g., discussion groups, sharing circle, games…)			
S A			