■ K.4.1.A.1 Recognize positive attributes of self, family, and classmates (e.g., physical characteristics, abilities, qualities, culture, accomplishments, highlights)	■ K.4.1.A.2a Recognize that it takes time, effort, and cooperation to achieve simple individual tasks/goals (e.g., tying own shoelaces) and group tasks/goals (e.g., deciding what to play in a group setting)	R.4.1.A.2b Discuss behaviours that demonstrate personal responsibility and irresponsibility in a classroom (e.g., paying attention versus disrupting, sharing versus monopolizing equipment, staying on task)	■ K.4.1.A.3 Identify initial steps (e.g., extending knowledge, stop and think, ask opinions of others, check rules, check options) for making simple personal and/or guided decisions regarding home and classroom situations (e.g., follow class rules, use substances safely, wear protective equipment during play)
K A	K A	K A	K A

T	R.4.1.B.1b Discuss how feelings and experiences associated with participation in physical activities/sports, and/or social events can be the same or different from person to person (e.g., may feel excited, happy, angry, fearful, uncomfortable, frustrated)	R.4.1.B.2a Identify different ways (e.g., not interrupting, waiting for appropriate time, not hurting feelings of others, asking for a time out, avoiding tantrums) of expressing feelings and emotions that contribute to getting along with others	R.4.1.B.2b Identify ways (e.g., show consideration, take turns, share equipment, help others, be inclusive, show respect) to get along with others for developing healthy relationships
K B	K B	K B	K B

■ K.4.1.B.3a Identify what can happen when someone becomes angry (e.g., red face, tense muscles, loud voice, physical aggression) and healthy ways to deal with anger (e.g., take time to think about it, talk to the person who made you angry, ask an adult for help, go for a supervised walk/run)	R.4.1.B.3b Identify several causes of conflicts that may occur in a class or play situations (e.g., disagreeing over who to play with, what to do, what to play with; not taking turns; not sharing; not being fair; wanting to be first)	R.4.1.B.3c Identify ways (e.g., be calm, seek adult help, take turns, follow rules, apologize) to avoid or reduce potential conflict situations (i.e., in class, at play)	R.4.1.B.4 Identify ways to exercise caution, avoidance, and/or refusal (e.g., look for danger symbol on labels, ask safe adult for help, say "no" and walk away) in potentially dangerous situations
K B	K B	K B	K B

S.4.1.A.1 Set simple short-term goals and participate in strategies for goal attainment (e.g., running without stopping for one minute, listening attentively to the teacher reading a book, completing a task)	S.4.1.A.2 Demonstrate ways (e.g., ask a knowledgable person, participate in discussion groups or brainstorming activities) to expand knowledge (e.g., stop and think before reacting) and explore different options for making informed and health-enhancing decisions	S.4.1.A.3 Demonstrate behaviours that show social responsibility (e.g., look after belongs, follow directions, encourage others, express feelings in an appropriate manner, work/play cooperatively with others) in daily routines	S.4.1.A.4 Demonstrate ways (e.g., using "I" messages, compromising, admitting responsibility, saying "I'm sorry,") to resolve conflict in a peaceful manner with limited teacher input
S A	S A	S A	S A