K **Personal/Social Management**	K **Personal/Social Management**	K **Personal/Social Management**	K **Personal/Social Management**
❑ K.4.K.A.1 **Identify characteristics that describe self as special and unique** (e.g., physical characteristics, abilities, gender…)	❑ K.4.K.A.2a ❁ 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..	❑ K.4.K.A.2b ❁ K.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.K.A.3 **Identify daily decisions and/or choices** (e.g., what to wear, eat, play; what is safe…) **and how choices are made for health and well-being**
K **A**	**K** **A**	**K** **A**	**K** **A**

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Personal/Social Management		Personal/Social Management		Personal/Social Management		Personal/Social Management	
❑ K.4.K.B.1a **Identify examples of responsible social behaviours** (e.g., contributing by listening, following rules, taking turns, sharing equipment, speaking kindly, being courteous…) **for getting along with others in school and school yard**		❑ K.4.K.B.1b ❋ K.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)		❑ K.4.K.B.2a **Identify ways** (e.g., focus attention on the speaker, do not talk at the same time as the speaker, nod, keep still…) **to show a person is listening attentively when communicating**		❑ K.4.K.B.2b **Identify activities that friends do together** (e.g., communicate with each other, play games, share toys…)	
K	**B**	**K**	**B**	**K**	**B**	**K**	**B**

K Personal/Social Management	**K** Personal/Social Management	**K** Personal/Social Management	**K** Personal/Social Management
❑ K.4.K.B.3a ✾ 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...)	❑ K.4.K.B.3b ✾ K.4.1.B.3b **Identify several causes of conflicts that may occur in 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...)	❑ K.4.K.B.3c ✾ K.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)	❑ K.4.K.B.4 **Recognize appropriate response** (e.g., avoid the danger, do not touch, seek out safe adult help, say "no" assertively…) **in potentially dangerous situations**
K **B**	**K** **B**	**K** **B**	**K** **B**

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❑ K.4.K.C.1a **Identify a range of feelings and emotions** (i.e., happy, sad, angry, scared, surprised, anxious, excited) **in a range of contexts** (e.g., in new places, big spaces, dark spaces, while sharing, during physical activities, holidays, birthdays, during agreements or disagreements…)	❑ K.4.K.C.1b **Recognize ways emotions are expressed by others** (e.g., laughter, teary-eyed, smile, frown, body language…)	❑ K.4.K.C.2 **Identify situations** (e.g., first day of school, going into a large gymnasium, going on a school bus, trying something new…) **that cause feelings of anxiety or stress**	❑ K.4.K.C.4a **Identify the people** (e.g., parents, siblings, teachers, block parent, religious leader…) **who can provide support in stressful situations**
K C	K C	K C	K C

K Personal/Social Management	K Personal/Social Management	K Personal/Social Management	K Personal/Social Management
❑ S.4.K.A.1 ❊ 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.K.A.2 **Sort decisions and/or choices that are made daily, based on their positive or negative consequences** (e.g., health-enhancing/unhealthy, safe/unsafe, helpful/harmful…)	❑ S.4.K.A.3 **Demonstrate behaviours that show social responsibility in class activities** (e.g., listen attentively, speak kindly, share…)	❑ S.4.K.A.5 **Experience activities for relaxation** (e.g., have a nap or quiet time, play outside, read a book, hold a plush toy, listen to music, watch television…)
S A	S A	S A	S A