



DIGITAL CITIZENSHIP CURRICULUM	KINDERGARTEN			GRADE 1			GRADE 2						
 <p>CASEL: Core SEL Competencies Grades K-2</p>	Media Balance Is Important	Pause for People	Safety in My Online Neighborhood	Pause & Think Online	How Technology Makes You Feel	Internet Traffic Light	We, the Digital Citizens	Device-Free Moments	That's Private	Digital Trails	Who Is in Your Online Community?	Putting a STOP to Online Meanness	Let's Give Credit!
<p>1. Self-Awareness: The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."</p>													
a. The ability to identify emotions		•		•	•	•		•				•	•
b. Accurate self-perception		•			•			•				•	
c. The ability to recognize strengths													
d. Self-confidence													
e. Self-efficacy	•	•		•	•	•	•	•	•	•	•	•	•
<p>2. Self-Management: The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.</p>													
a. Impulse control	•	•	•	•	•	•	•	•	•			•	•
b. Stress management				•		•		•					
c. Self-discipline	•	•	•	•	•	•	•	•	•			•	•
d. Self-motivation							•						
e. Goal setting							•						
f. Organizational skills													
<p>3. Social Awareness: The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.</p>													
a. Perspective-taking	•	•						•				•	•
b. Empathy	•			•	•			•				•	•
c. The ability to appreciate diversity											•		
d. Respect for others	•	•	•	•			•	•				•	•

DIGITAL CITIZENSHIP CURRICULUM	KINDERGARTEN			GRADE 1			GRADE 2						
 <p>CASEL: Core SEL Competencies Grades K-2</p>	Media Balance Is Important	Pause for People	Safety in My Online Neighborhood	Pause & Think Online	How Technology Makes You Feel	Internet Traffic Light	We, the Digital Citizens	Device-Free Moments	That's Private	Digital Trails	Who Is in Your Online Community?	Putting a STOP to Online Meanness	Let's Give Credit!
<p>4. Relationship Skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.</p>													
a. Communication	•	•	•	•	•	•	•	•	•	•	•	•	•
b. Social engagement	•	•	•	•	•	•	•	•	•	•	•	•	•
c. Relationship building	•	•	•	•	•	•	•	•	•	•	•	•	•
d. Teamwork	•	•	•	•	•	•	•	•	•	•	•	•	•
<p>5. Responsible Decision-Making: The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.</p>													
a. Identifying problems	•	•	•	•	•	•	•	•	•			•	•
b. Analyzing solutions	•	•	•	•	•	•	•	•	•			•	•
c. Solving problems	•	•	•	•	•	•	•	•	•			•	•
d. Evaluating				•	•	•	•	•	•			•	•
e. Reflecting	•	•	•	•	•	•	•	•	•			•	•
f. Ethical responsibility	•	•		•				•				•	•