



OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM
KINDERGARTEN THROUGH SECOND GRADE

American School Counselor Association
Mindsets & Behaviors for Student Success Alignment*

Category 1: Mindset Standards - Includes standards related to the psycho-social attitudes or beliefs students have about themselves in relation to academic work. These make up the students' belief system as exhibited in behaviors.

- **M 1:** Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- **M 2:** Self-confidence in ability to succeed
- **M 3:** Sense of belonging in the school environment
- **M 4:** Understanding that postsecondary education and life-long learning are necessary for long-term career success
- **M 5:** Belief in using abilities to their fullest to achieve high-quality results and outcomes
- **M 6:** Positive attitude toward work and learning

Category 2: Behavior Standards - These standards include behaviors commonly associated with being a successful student. These behaviors are visible, outward signs that a student is engaged and putting forth effort to learn. The behaviors are grouped into three subcategories.

- **Learning Strategies:** Processes and tactics students employ to aid in the cognitive work of thinking, remembering or learning.
- **Self-management Skills:** Continued focus on a goal despite obstacles (grit or persistence) and avoidance of distractions or temptations to prioritize higher pursuits over lower pleasures (delayed gratification, self-discipline, self-control).
- **Social Skills:** Acceptable behaviors that improve social interactions, such as those between peers or between students and adults.

A complete list of the behavior standards is listed on the following page.

*Standards taken from <https://www.schoolcounselor.org/asca/media/asca/home/MindsetsBehaviors.pdf>

OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM: K-2 ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

BEHAVIOR STANDARDS

LEARNING STRATEGIES	SELF-MANAGEMENT SKILLS	SOCIAL SKILLS
B-LS 1. Demonstrate critical thinking	B-SMS 1. Demonstrate ability to assume responsibility	B-SS 1. Use effective oral and written communication skills and listening skills
B-LS 2. Demonstrate creativity	B-SMS 2. Demonstrate self-discipline and self-control	B-SS 2. Create positive and supportive relationships with other students
B-LS 3. Use time management, organizational and study skills	B-SMS 3. Demonstrate ability to work independently	B-SS 3. Create relationships with adults that support success
B-LS 4. Apply self-motivation and self-direction to learning	B-SMS 4. Demonstrate ability to delay immediate gratification for long-term rewards	B-SS 4. Demonstrate empathy
B-LS 5. Apply media and technology skills	B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals	B-SS 5. Demonstrate ethical decision making and social responsibility
B-LS 6. Set high standards of quality	B-SMS 6. Demonstrate ability to overcome barriers to learning	B-SS 6. Use effective collaboration and cooperation skills
B-LS 7. Identify long- and short-term academic, career and social/ emotional goals	B-SMS 7. Demonstrate effective coping skills when faced with a problem	B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams
B-LS 8. Actively engage in challenging coursework	B-SMS 8. Demonstrate the ability to balance school, home and community activities	B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions	B-SMS 9. Demonstrate personal safety skills	B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment
B-LS 10. Participate in enrichment and extracurricular activities	B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities	

OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM: K-2 ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

KINDERGARTEN THROUGH SECOND GRADE

Lesson 1: Listening

Objectives:

- Students will learn that listening enables you to better understand meaning.
- Students will understand that listening is different from hearing.
- Students will understand that listening requires mental concentration.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 6, B-SS 1

Lesson 2: Fairness

Objectives:

- Students will understand that fairness is not getting everything everyone else gets; it is getting what you need when you need it.
- Students will learn that differences in size, shape, color, and responsible ideas are okay.
- Students will review classroom rules and share how they are fair

ASCA Standards: M1, M2, M5, M6; B-LS 9, B-SMS 1, B-SMS 9, B-SS 1

Lesson 3: Coping Skills

Objectives:

- Students will develop an awareness of their emotions.
- Students will understand that some emotions are easy to deal with and some are hard to deal with.
- Students will learn strategies to help them control their emotions.

ASCA Standards: M1, M2, M5, M6; B-LS 4, B-SMS 2, B-SMS 7, B-SS 1

Lesson 4: Self-Control

Objectives:

- Students will understand what it means to have self-control.
- Students will understand self-control shows responsibility and independence.
- Students will understand that self-control helps one resist temptation.
- Students will practice self-control techniques.

ASCA Standards: M1, M2, M5, M6; B-LS 4, B-SMS 2, B-SMS 4, B-SMS 7, B-SS 1

Lesson 5: Cooperation

Objectives:

- Students will understand that cooperation is teamwork.
- Students will practice cooperation by working together for a common cause and sharing the benefits.
- Students will understand how it feels to help someone and to have someone help them.
- Students will learn the importance of communication when cooperating and how to cooperate better at school and at home.

ASCA Standards: M1, M2, M5, M6; B-LS 9, B-SMS 8, B-SS 1, B-SS 2, B-SS 3

OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM: K-2 ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

Lesson 6: Resolving Conflicts

Objectives:

- Students will understand that when resolving a conflict, it is important to calm down before taking any action.
- Students will understand that resolving conflicts requires one to be open-minded and to listen to the other person's side.
- Students will learn that there are good and bad ways to resolve conflict, and that compromise is vital to resolving conflicts.
- Students will learn to make "I" statements rather than "You" statements when discussing a problem.
- Students will learn to take a deep breath to help keep themselves calm and to control their emotions.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 1, B-SMS 6, B-SMS 7, B-SS 1, B-SS 4

Lesson 7: Respect

Objectives:

- Students will learn the meaning of respect.
- Students will give examples of respect at home, at school, and in their community.
- Students will cite examples of respectful behavior.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 2, B-SMS 6, B-SMS 7, B-SMS 8, B-SS 3, B-SS 4

Lesson 8: Integrity

Objectives:

- Students will understand that integrity means always trying your best to do the right thing.
- Students will understand that people with integrity are trustworthy.
- Students will understand that integrity is a matter of personal choice.
- Students will understand that looking at a situation from someone else's perspective will help them to make a good choice.

ASCA Standards: M1, M2, M5, M6; B-LS 4, B-LS 9, B-SMS 1, B-SMS 6, B-SMS 7, B-SS 1, B-SS 4

Lesson 9: Having a Positive Attitude

Objectives:

- Students will understand that an attitude is how someone feels about things.
- Students will understand that attitudes can be positive or negative, and having a positive attitude is a matter of choice.
- Students will understand that having a positive attitude helps people to be healthier and more successful.
- Students will understand that people with a positive attitude believe in themselves.

ASCA Standards: M1, M2, M5, M6; B-LS 4, B-LS 9, B-SMS 1, B-SMS 10, B-SS 9

Lesson 10: Being Responsible

Objectives:

- Students will understand that being responsible builds others' trust in them.
- Students will understand that there are consequences when they are not responsible.
- Students will understand that responsibilities are age-appropriate.
- Students will explore strategies that can help them to be more responsible.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 1, B-SS 2, B-SS 3

OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM: K-2 ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

Lesson 11: Becoming a Good Friend

Objectives:

- Students will learn the qualities of a good friend.
- Students will learn how to be a good friend.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 1, B-SS 2, B-SS 3, B-SS 4