

# SAU 21 CARES Skills (K-2)



**Cooperation:** Students work together to help each other and to solve problems.

**Assertion:** Students speak up for themselves and others and participate in directing their learning.

**Responsibility:** Students take care of themselves and work hard at their learning.

**Empathy:** Students understand and respect others feelings and opinions.

**Self-regulation:** Students control their own actions and emotions in a safe way.

## Guiding Principles: Reporting tools are...

- User Friendly for students and teachers
- Developmentally appropriate
- Student centered

## K-2:

- ❖ The K-2 students use a Y/N checklist with teacher guidance in order to build metacognitive skills/self-awareness
- ❖ Teacher uses the feedback section to help the students set goals and observe positive behaviors.
- ❖ Teachers can self-select when and which CARES to focus on.
- ❖ Checklists reinforce a growth mindset for students and act as a document/record for teachers and a communication tool for families.

Kindergarten CARES Skills  
Checklist and Goals

CRITERIA (OR STANDARD)	Yes/Not Yet	FEEDBACK	GOALS
I can work with a group when everyone is involved.			
I can ask others for help when I need it.			
I know where my papers and supplies are.			
I can notice and label my emotions, and the emotions of others.			
I can read the room and make good choices for my learning.			

Grades 1-2 CARES Skills  
Cooperation Checklist

CRITERIA (OR STANDARD)	Yes/Not Yet	FEEDBACK
I can use strategies to stay focused.		
I can learn strategies for making a good decision.		
I can work with a group when everyone is involved.		
I can hear both sides of the story.		
I can play fairly, and encourage others when working in groups.		
Goals:		

Grades 1-2 CARES Skills  
Assertion Checklist

CRITERIA (OR STANDARD)	Yes/Not Yet	FEEDBACK
I can find different ways to get my needs met.		
I ask for help from the teacher when I don't understand something.		
I can practice thinking positively.		
I can learn and practice ways to be a good classmate.		
I participate in class by raising my hand and try to be a positive leader for others.		
Goals:		

Grades 1-2 CARES Skills  
Responsibility Checklist

CRITERIA (OR STANDARD)	Yes/Not Yet	FEEDBACK
I can take care of my own supplies.		
I take care of classroom materials, and put things back where they belong.		
I am on time, and ready to learn.		
I can recognize that actions have consequences.		
I can understand rules and the need for rules.		
Goals:		

Grades 1-2 CARES Skills  
Empathy Checklist

CRITERIA (OR STANDARD)	Yes/Not Yet	FEEDBACK
I can identify and label my own emotions.		
I can identify when I am feeling stressed and practice strategies for managing stress.		
I can identify what another person might be feeling.		
I treat others the way that I want to be treated.		
Goals:		

Grades 1-2 CARES Skills  
Self Regulation Checklist

CRITERIA (OR STANDARD)	Yes/Not Yet	FEEDBACK
I can learn and demonstrate focus skills.		
I can notice what my classmates are doing to be ready to learn, and change my behavior to match.		
I can identify a goal and follow steps to achieve it.		
I use planning and organizational skills to complete my work to the best of my ability.		
I use whole body listening: my body is in the group.		
Goals:		