

# SAU 21 CARES Skills (3-5)



**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.

| Power Standard Cooperation                                  | Beginning                                  | Developing  | Proficient  | Advanced   |
|---|--|---|---|--|
| Works productively in a group, displays a positive attitude | I can understand and demonstrate fairness. | I can learn about roles and responsibilities when working in groups.<br><br>I can learn new things when I remember to use positive self-talk. | I communicate effectively and do my part when working in a group.<br><br>I use positive self-talk to learn new things even if they are challenging. | I show leadership in groups by seeking or offering help and support when needed.<br><br>I practice teamwork and collaborative problem solving. |
| <b>Goals/Feedback:</b>                                      |  |   |   |  |

| <b>Power Standard Assertion</b>                                  | <b>Beginning</b>   | <b>Developing</b>  | <b>Proficient</b>   | <b>Advanced</b>  |
|--|--|--|---|--|
| <p>Seeks help when needed and stands up for self and others.</p> | <p>I can sometimes accept help when the teacher notices I am struggling.</p> <p>I can share my thoughts and feelings when my teacher helps me.</p> | <p>I can identify when I need to ask the teacher for help.</p> <p>I can share my opinions and feelings with support.</p> | <p>I advocate for myself and ask for help when needed.</p> <p>I know how to confidently share my opinions and feelings.</p> | <p>I can advocate for myself and others and understand that mistakes are part of the learning process.</p> <p>I stand up for the rights of others.</p> |
| <p><b><u>Goals/Feedback:</u></b></p>                             |  |  |   |  |

| <b>Power Standard Responsibility</b>   | <b>Beginning</b>  | <b>Developing</b>   | <b>Proficient</b>  | <b>Advanced</b>   |
|--|---|---|--|---|
| <p>Knows the right thing to do, follows school and classroom rules and takes responsibility for actions.</p> | <p>I can use reminders to come to class with needed materials and ready to learn.</p> <p>I often need reminders to follow school and classroom rules.</p> | <p>I can come to class with needed materials and ready to learn, with teacher support.</p> <p>I need some reminders to follow school and classroom rules.</p> | <p>I come to class with needed materials and ready to learn.</p> <p>I participate in the school community positively and productively.</p> | <p>I show leadership by exhibiting self-discipline and self-motivation.</p> <p>I show courage to take initiative.</p> |
| <p><b><u>Goals/Feedback:</u></b></p>   |   |   |  |   |

| <b>Power Standard<br/>Empathy</b>                                 | <b>Beginning</b>   | <b>Developing</b>   | <b>Proficient</b>  | <b>Advanced</b>   |
|---|--|---|--|---|
| <p>Respects others by understanding their unique perspective.</p> | <p>I am trying to learn that people have other opinions and feelings.</p> <p>I can show respect for the diversity among my peers.</p> <p>I can learn strategies for showing empathy to another person.</p> | <p>I am working towards understanding others.</p> <p>I can identify and explain my rights and the rights of others at school.</p> <p>I can be kind to everyone and accepting of others.</p> | <p>I recognize strengths in others.</p> <p>I listen to others' opinions and respectfully respond.</p> <p>I use perspectives to understand others from a different culture.</p> | <p>I respect the uniqueness of my classmates and celebrate our differences.</p> <p>I demonstrate compassion by taking others' perspectives.</p> <p>I am kind to everyone and foster an accepting community.</p> |
| <p><b><u>Goals/Feedback:</u></b></p>                              |  |   |  |   |

| <b>Power Standard<br/>Self-Regulation</b> | <b>Beginning</b>  | <b>Developing</b>   | <b>Proficient</b>   | <b>Advanced</b>  |
|---|---|---|---|--|
| <p>Manages own actions and feelings.</p>  | <p>I can practice strategies to pause and calm myself.</p> <p>I need a teacher to help me use my resources to manage my own actions and feelings to stay on task.</p> | <p>I can learn to stop and think before acting.</p> <p>I can learn strategies to increase time focused on a task.</p> | <p>I understand the importance of stopping and thinking before making a decision.</p> <p>I know how distractions affect focus, and I practice strategies to stay focused.</p> | <p>I know and apply strategies for changing my feelings, thoughts and behaviors in stressful situations.</p> <p>I identify distractions and advocate for myself in order to focus better in class.</p> |
| <p><b><u>Goals/Feedback:</u></b></p>      |   |   |   |  |