



Exploring Emotions

A Mindfulness Guide to Understanding Feelings

ASCA Alignment

Alignment by Dr. Danielle Schultz

Book Title: *Exploring Emotions*

The ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student

Each of the following standards can be applied to the academic, career and social/emotional domains.

Category 1: Mindset Standards

1.	Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
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Category 2: Behavior Standards

Learning Standards

1.	Demonstrate critical-thinking skills to make informed decisions
2.	Demonstrate creativity
4.	Apply self-motivation and self-direction to learning
9.	Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Skills

1.	Demonstrate ability to assume responsibility
2.	Demonstrate self-discipline and self-control
3.	Demonstrate ability to work independently
4.	Demonstrate ability to delay immediate gratification for long-term rewards
6.	Demonstrate ability to overcome barriers to learning
7.	Demonstrate effective coping skills when faced with a problem
8.	Demonstrate the ability to balance school, home and community activities
9.	Demonstrate personal safety skills
10.	Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skills

1.	Use effective oral and written communication skills and listening skills
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2.	Create positive and supportive relationships with other students
4.	Demonstrate empathy
5.	Demonstrate ethical decision-making and social responsibility
6.	Use effective collaboration and cooperation skills
8.	Demonstrate advocacy skills and ability to assert self, when necessary
9.	Demonstrate social maturity and behaviors appropriate to the situation and environment

ASCA MINDSET AND BEHAVIOR STANDARDS: MS.1, BS.LS.1, BS.LS.2, BS.LS.4, BS.LS.9, BS.SMS.1, BS.SMS.2, BS.SMS.3, BS.SMS.4, BS.SMS.6, BS.SMS.7, BS.SMS.8, BS.SMS.9, BS.SMS.10, BS.SS.1, BS.SS.2, BS.SS.4, BS.SS.5, BS.SS.6, BS.SS.8, BS.SS.9