



Get Outdoors

A Mindfulness Guide to Noticing Nature

ASCA Alignment
Alignment by Dr. Danielle Schultz

Book Title: *Get Outdoors*

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

Self-Management Skills

1.	Demonstrate ability to assume responsibility
2.	Demonstrate self-discipline and self-control
4.	Demonstrate ability to delay immediate gratification for long-term rewards

Social Skills

1.	Use effective oral and written communication skills and listening skills
3.	Create relationships with adults that support success
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.SMS.1, BS.SMS.2, BS.SMS.4, BS.SS.1, BS.SS.3, 8, BS.SS.9