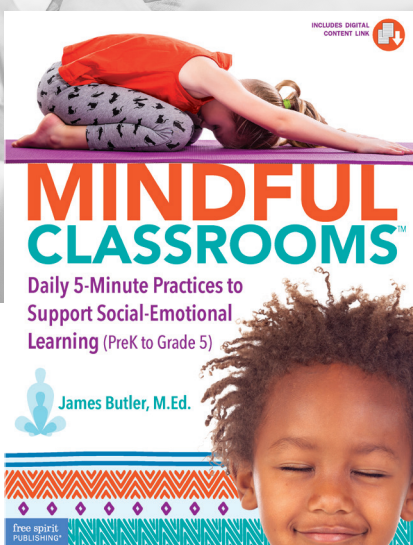




Mindful Classrooms™

Daily 5-Minute Practices to Support Social-Emotional Learning (PreK to Grade 5)

ASCA Alignment

Alignment by Dr. Danielle Schultz

Book Title: *Mindful Classrooms: Daily 5-Minute Practices to Support Social-Emotional Learning (PreK to Grade 5)* by James Butler, M.Ed.

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
2.	Self-confidence in ability to succeed
3.	Sense of belonging in the school environment
5.	Belief in using abilities to their fullest to achieve high-quality results and outcomes
6.	Positive attitude toward work and learning

Category 2: Behavior Standards

Learning Standards

2.	Demonstrate creativity
4.	Apply self-motivation and self-direction to learning
6.	Set high standards of quality
7.	Identify long- and short-term academic, career and social/emotional goals
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
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
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Social Skills

1.	Use effective oral and written communication skills and listening skills
2.	Create positive and supportive relationships with other students
3.	Create relationships with adults that support success
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, MS.2, MS.3, MS.5, MS.6, BS.LS.2, BS.LS.4, BS.LS.6, BS.LS.7, BS.LS.9, BS.SMS.1, BS.SMS.2, 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.3, BS.SS.4, BS.SS.5, BS.SS.6, BS.SS.8, BS.SS.9