



Put Your Worries Away

ASCA Alignment

Alignment by Dr. Danielle Schultz

Book Title: *Kids Can Cope: Put Your Worries Away* by Gill Hasson

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

Category 2: Behavior Standards

Learning Standards

1.	Demonstrate critical-thinking skills to make informed decisions
2.	Demonstrate creativity
9.	Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Skills

6.	Demonstrate ability to overcome barriers to learning
7.	Demonstrate effective coping skills when faced with a problem
9.	Demonstrate personal safety skills

Social Skills

3.	Create relationships with adults that support success
4.	Demonstrate empathy
8.	Demonstrate advocacy skills and ability to assert self, when necessary

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