








## SELF-AWARENESS ALIGNMENT

# Utah's Portrait of a Graduate

Portrait of a Graduate Competencies	Pre-K-2 Self-Awareness	3-6 Self-Awareness
 <p><b>WELLNESS</b> Develop self-awareness, self-advocacy skills, and the knowledge to maintain healthy lifestyles that provide balance in life and improve physical, mental, social, and emotional well-being.</p>	<p><b>Learning Activity</b> Conduct a morning meeting. Pass around a “microphone” and let each student briefly share their thoughts on a teacher- directed topic and practice assertive speaking.</p>	<p><b>Learning Activity</b> Conduct a morning meeting. Have students think about an issue in the classroom or on the playground. Have students discuss what they could say to speak up on the issue, and to whom.</p>
 <p><b>COMMUNICATION</b> Communicate effectively through reading, writing, speaking, and listening to understand information in a variety of contexts, media, and languages.</p>	<p><b>Learning Activity</b> Have students identify from pictures how they are feeling or draw a picture.</p>	<p><b>Learning Activity</b> Ask students to name the emotions experienced by characters in a story and discuss how they were affected by those emotions.</p>
 <p><b>CREATIVITY AND INNOVATION</b> Imagine, visualize, and demonstrate creative practices, innovative solutions, and artistic expression.</p>	<p><b>Learning Activity</b> Ask students to create an “All about Me Report” or “This is Your Life” storybook using pictures and language to describe themselves and their families.</p>	<p><b>Learning Activity</b> Have students draw self-portraits and include descriptions of interests, skills, and character traits they possess.</p>
 <p><b>CRITICAL THINKING AND PROBLEM SOLVING</b> Access, evaluate and analyze information to make informed decisions, recognize bias and find solutions.</p>	<p><b>Learning Activity</b> Read a story and ask students to identify the decisions the character made and the impact of those decisions.</p>	<p><b>Learning Activity</b> Introduce a problem-solving box and ask students to anonymously write a problem they encounter and place it in the box. Draw out a problem and facilitate a discussion of possible solutions.</p>
 <p><b>HARD WORK AND RESILIENCE</b> Set personal goals, apply best efforts to achieve them and persevere when faced with challenges and setbacks. Have a well-grounded sense of confidence, optimism and self-efficacy. Access, evaluate, and analyze information to make informed decisions, recognize bias, and find solutions.</p>	<p><b>Learning Activity</b> Have students work in partners and draw a Venn diagram comparing/contrasting likes and dislikes of each other (i.e., what is your favorite ice cream flavor, what is your favorite snack, what do you like best about school, if you could be a superhero, what power would you have, etc.)</p>	<p><b>Learning Activity</b> As a journal activity, invite students to analyze what is easy or difficult for them in school. Ask students to write down at least one strategy that helps them refocus when persevering through challenging situations.</p>
 <p><b>LIFELONG LEARNING AND PERSONAL GROWTH</b></p>	<p><b>Learning Activity</b> In morning circle, ask students to name an interest, hobby, or skill they could teach to others. Provide an activity time for students to teach each other.</p>	<p><b>Learning Activity</b> Have students identify and make a short presentation about a personal hobby or skill. Facilitate a class</p>

Continue to seek knowledge and develop skills in all settings.		discussion to identify a job where having that skill would be beneficial.
 <b>RESPECT</b> Acknowledge differences by looking for the good in everyone, including oneself, and show due regard for feelings, rights, cultures and traditions.	<b>Learning Activity</b> Discuss rules with students that a community helper must follow and the consequences of not following them.	<b>Learning Activity</b> Develop a classroom project for which each student has a specific responsibility, stressing the need for cooperation.