
Coal City Unit District #1
First Grade
SECA Curriculum

SECA.1:1 Students will identify and manage emotions and behavior.

- SECA.1:1-1 Identify emotions (e.g., happy, sad, angry, afraid) expressed in “feeling faces” or photographs.
- SECA.1:1-2 Use “I-statements” in expressing feelings.
- SECA.1:1-3 Name emotions felt by characters in a story.
- SECA.1:1-4 Identify ways to become calm (e.g. Deep breathing, take a break, think happy thoughts, use a fidget).
- SECA.1:1-5 Share feelings (e.g., through speaking, writing, drawing) in a range of contexts.
- SECA.1:1-6 Describe how emotions/feelings affect our physical bodies.

SECA.1:2 Students will recognize personal qualities and external support.

- SECA.1:2-1 Identify the people who can provide help when needed.
- SECA.1:2-2 Describe things they do well.
- SECA.1:2-3 Recite personal information (e.g. telephone number, home address, parents’ name)
- SECA.1:2-4 Describe situations in which they feel confident or situations where they need help.

SECA.1:3 Students will demonstrate skills related to achieving personal and academic goals.

- SECA.1:3-1 Explain the various aspects of being successful in school.
- SECA.1:3-2 Give an example of a personal academic goal they could set.
- SECA.1:3-3 Give an example of a personal goal they could set.
- SECA.1:3-4 Show some initiative, self-direction, and independence in actions.
- SECA.1:3-5 Describe ways to sustain attention in activities.

SECA.1:4 Students will demonstrate recognition of the feelings and perspectives of others.

- SECA.1:4-1 Identify how others may feel differently about the same situation.
- SECA.1:4-2 Describe how others are feeling based on their facial expressions and gestures.
- SECA.1:4-3 Explain how interrupting others may make them feel.
- SECA.1:4-4 Explain how sharing with and supporting others may make them feel.

SECA.1:5 Students will demonstrate recognition of individual and group similarities and differences.

SECA.1:5-1 Identify examples of classroom behavior that are sensitive to the needs of others (e.g., taking turns, listening to one another, supporting each other's ideas, following the group plan).

SECA.1:5-2 Identify individual differences of others such as likes, dislikes, cultures, traditions, and how they benefit the community.

SECA.1:6 Students will use communication and social skills to interact effectively with others.

SECA.1:6-1 Describe appropriate ways to seek to join a group.

SECA.1:6-2 Raise hand for recognition.

SECA.1:6-3 Pay attention when someone else is speaking.

SECA.1:6-4 Take turns and share toys and other resources with classmates.

SECA.1:6-5 Practice appropriate ways to greet/respond to peers and adults.

SECA.1:7 Students will demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

SECA.1:7-1 Describe situations at school in which classmates might disagree and experience conflict (e.g. refusing to share supplies, not apologizing for hurt feelings, making false accusations, excluding someone from an activity).

SECA.1:7-2 Distinguish between constructive and destructive ways of resolving conflict.

SECA.1:7-3 Practice self-calming techniques for anger management as a way to de-escalate conflict situations.

SECA.1:8 Students will consider ethical, safety, and societal factors in making decisions.

SECA.1:8-1 Attend a discussion of appropriate touch and inappropriate touch HE.2:3-7, Erin's Law.

SECA.1:8-2 Demonstrate methods to stay safe in unsafe situations and practice saying "no".

SECA.1:8-3 Explain how hitting, yelling, and taking or destroying another's property makes them feel.

SECA.1:8-4 Describe situations when someone might feel unsafe and need help (e.g., crossing a busy street, being approached by a strange adult).

SECA.1:9 Students will apply decision-making skills to deal responsibly with daily academic and social situations.

SECA.1:9-1 Brainstorm alternative solutions to problems posed in stories and cartoons.

SECA.1:9-2 Implement stop, think, and act (plan) strategies in solving problems.

SECA.1:9-3 Practice group decision making with peers in class meetings.

SECA.1:10 Students will contribute to the well-being of one's school and community.

SECA.1:10-1 Identify current help given at home and what else might be done for a caregiver or sibling.

SECA.1:10-2 List ways that students can help their class run more smoothly.

SECA.1:10-3 Engage in various classroom tasks (e.g., helping with room set up, cleaning up, passing out papers).