

**Elizabethtown Area School District
Scope & Sequence - Quick Reference**



Department: Related Arts

Course: Children Understanding and Building Skills (CUBS)

Grade Level: 1st grade

<i>Unit Title</i>	<i>General Topic(s)</i>	<i>Pacing</i>
<p align="center">Self-Awareness and Self-Management</p> <p>Related Employable Skills:</p> <ul style="list-style-type: none"> ● Respect ● Dependability & Reliability ● Communication ● Professionalism ● Teamwork ● Integrity ● Business Fundamentals ● Adaptability ● Initiative ● Planning & Organizing 	<ul style="list-style-type: none"> ● Identifying Feelings ● Zones of Regulations ● Triggers ● Staying on Task ● Sensory Tools ● Regulating our Emotions ● Expressing our Feelings ● Self-Awareness ● Sharpen the Saw ● Prioritize ● Growth Mindset ● Goal Setting ● Dealing with Mistakes and Disappointments 	13 cycles
<p align="center">Establishing and Maintaining Relationships</p> <p>Related Employable Skills:</p> <ul style="list-style-type: none"> ● Problem solving ● Decision making ● Critical Thinking ● Integrity ● Teamwork ● Adaptability ● Professionalism ● Communication ● Respect 	<ul style="list-style-type: none"> ● Friendship ● Conversation Skills ● Whole Body Listening ● Recognizing Others Feelings ● Giving and Receiving Compliments ● Tattling vs Telling ● Setting Boundaries ● Honesty ● Keeping Promises ● Think Win/Win ● Speaking Respectfully 	11 cycles

<p>Social Problem-Solving Skills</p> <p>Related Employable Skills:</p> <ul style="list-style-type: none"> ● Problem solving ● Decision making ● Critical Thinking ● Integrity ● Teamwork ● Adaptability ● Professionalism ● Communication ● Respect 	<ul style="list-style-type: none"> ● Service Learning ● Showing sensitivity ● Courage and Consideration ● Collaboration ● Teamwork 	<p>4 Cycles</p>
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