

Kindergarten: Mental Health P2 Instruction

Mental Health Standards



Baldwinsville
Central School District
Achieving our full potential together

Positivity Project -

Mental Health Standards covered throughout the year

Curiosity: 1B Individuals identify their own positive physical, social and mental characteristics and those of others. 2A. Communication is the sharing of information and involves giving and receiving information, ideas and opinions.

Open-Mindedness: 2A. Communication is the sharing of information and involves giving and receiving information, ideas and opinions.

OPM2-Identifying and Appreciating the Good in Others: 2C: Individuals understand the meaning of gratitude (a feeling of appreciation or thanks) and how to express it. 3D. Individuals identify characteristics of a trusted adult in school and at home; this is the first step in accessing help. 3D. Individuals identify trusted adults with whom they can share feelings

Perspective: 1B: Individuals identify their own positive physical, social and mental characteristics and those of others. 1C: Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last. 1C: Individuals identify appropriate ways to express and deal with feelings. 2B: Individuals identify personal space and boundaries of others. 3A: Individuals recognize that sharing feelings is a healthy action.

Gratitude: 2C: Individuals understand the meaning of gratitude (a feeling of appreciation or thanks) and how to express it.

Kindness: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately.

Self-Control: 1A: Individuals understand the benefits of eating healthy foods, mindfulness, getting enough sleep, being active both physically & socially as they relate to overall health and wellness.

Perseverance: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency.

Hope: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency.

Prudence: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency. 3B: Individuals will be encouraged to recognize the difference between a situation that requires immediate attention and one that can wait. 3B: Individuals will develop the ability to know when help is needed and when it is not needed to make a decision related to mental and emotional health.

OPM2-Supporting Others When They Struggle: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately. 3B: Individuals will develop the ability to know when help is needed and when it is not needed to make a decision related to mental and emotional health.

Social Intelligence: 1B: Individuals identify their own positive physical, social and mental characteristics and those of others. 2A: Individuals can use body language and tone of voice as important parts of communication. 2A: Social connections to one or more close individuals are important to the promotion and maintenance of mental health. 2B: Individuals identify characteristics of healthy peer relationships. 2B: Individuals identify personal space and boundaries of others.

Love: 2A: Social connections to one or more close individuals are important to the promotion and maintenance of mental health. 2B: Individual identify characteristics of healthy family relationships. 2B: Individuals identify characteristics of healthy peer relationships. 3C: There are safe, trusted adults in school and at home as well as within the community, to help individuals with their mental health needs.

Forgiveness: 2C: Individuals understand the meaning of forgiveness and that, when warranted, forgiveness is a healthy part of moving forward after a negative experience.

Grade 1: Mental Health P2 Instruction

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Curiosity: 1B Individuals identify their own positive physical, social and mental characteristics and those of others. **2A.** Communication is the sharing of information and involves giving and receiving information, ideas and opinions.

Perseverance: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency.

Open-Mindedness: 2A. Communication is the sharing of information and involves giving and receiving information, ideas and opinions.

Hope: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency.

OPM2-Identifying and Appreciating the Good in Others: 2C: Individuals understand the meaning of gratitude (a feeling of appreciation or thanks) and how to express it. **3D.** Individuals identify characteristics of a trusted adult in school and at home; this is the first step in accessing help. **3D.** Individuals identify trusted adults with whom they can share feelings

Prudence: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency. **3B:** Individuals will be encouraged to recognize the difference between a situation that requires immediate attention and one that can wait. **3B:** Individuals will develop the ability to know when help is needed and when it is not needed to make a decision related to mental and emotional health.

Perspective: 1B: Individuals identify their own positive physical, social and mental characteristics and those of others. **1C:** Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last. **1C:** Individuals identify appropriate ways to express and deal with feelings. **2B:** Individuals identify personal space and boundaries of others. **3A:** Individuals recognize that sharing feelings is a healthy action.

OPM2-Supporting Others When They Struggle: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately. **3B:** Individuals will develop the ability to know when help is needed and when it is not needed to make a decision related to mental and emotional health.

Gratitude: 2C: Individuals understand the meaning of gratitude (a feeling of appreciation or thanks) and how to express it.

Social Intelligence: 1B: Individuals identify their own positive physical, social and mental characteristics and those of others. **2A:** Individuals can use body language and tone of voice as important parts of communication. **2A:** Social connections to one or more close individuals are important to the promotion and maintenance of mental health. **2B:** Individuals identify characteristics of healthy peer relationships. **2B:** Individuals identify personal space and boundaries of others.

Kindness: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately.

Love: 2A: Social connections to one or more close individuals are important to the promotion and maintenance of mental health. **2B:** Individual identify characteristics of healthy family relationships. **2B:** Individuals identify characteristics of healthy peer relationships. **3C:** There are safe, trusted adults in school and at home as well as within the community, to help individuals with their mental health needs.

Self-Control: 1A: Individuals understand the benefits of eating healthy foods, mindfulness, getting enough sleep, being active both physically & socially as they relate to overall health and wellness.

Forgiveness: 2C: Individuals understand the meaning of forgiveness and that, when warranted, forgiveness is a healthy part of moving forward after a negative experience.

Grade 2: Mental Health P2 Instruction

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Mental Health Standards covered throughout the year

Curiosity: 1B Individuals identify their own positive physical, social and mental characteristics and those of others. **2A.** Communication is the sharing of information and involves giving and receiving information, ideas and opinions.

Perseverance: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency.

Open-Mindedness: 2A. Communication is the sharing of information and involves giving and receiving information, ideas and opinions.

Hope: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency.

OPM2-Identifying and Appreciating the Good in Others: 2C: Individuals understand the meaning of gratitude (a feeling of appreciation or thanks) and how to express it. **3D.** Individuals identify characteristics of a trusted adult in school and at home; this is the first step in accessing help. **3D.** Individuals identify trusted adults with whom they can share feelings

Prudence: 1B: Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency. **3B:** Individuals will be encouraged to recognize the difference between a situation that requires immediate attention and one that can wait. **3B:** Individuals will develop the ability to know when help is needed and when it is not needed to make a decision related to mental and emotional health.

Perspective: 1B: Individuals identify their own positive physical, social and mental characteristics and those of others. **1C:** Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last. **1C:** Individuals identify appropriate ways to express and deal with feelings. **2B:** Individuals identify personal space and boundaries of others. **3A:** Individuals recognize that sharing feelings is a healthy action.

OPM2-Supporting Others When They Struggle: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately. **3B:** Individuals will develop the ability to know when help is needed and when it is not needed to make a decision related to mental and emotional health.

Gratitude: 2C: Individuals understand the meaning of gratitude (a feeling of appreciation or thanks) and how to express it.

Social Intelligence: 1B: Individuals identify their own positive physical, social and mental characteristics and those of others. **2A:** Individuals can use body language and tone of voice as important parts of communication. **2A:** Social connections to one or more close individuals are important to the promotion and maintenance of mental health. **2B:** Individuals identify characteristics of healthy peer relationships. **2B:** Individuals identify personal space and boundaries of others.

Kindness: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately.

Love: 2A: Social connections to one or more close individuals are important to the promotion and maintenance of mental health. **2B:** Individual identify characteristics of healthy family relationships. **2B:** Individuals identify characteristics of healthy peer relationships. **3C:** There are safe, trusted adults in school and at home as well as within the community, to help individuals with their mental health needs.

Self-Control: 1A: Individuals understand the benefits of eating healthy foods, mindfulness, getting enough sleep, being active both physically & socially as they relate to overall health and wellness.

Forgiveness: 2C: Individuals understand the meaning of forgiveness and that, when warranted, forgiveness is a healthy part of moving forward after a negative experience.

Grade 3: Mental Health P2 Instruction

Mental Health Standards



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Mental Health Standards covered throughout the year

Curiosity: 1A: Individuals identify characteristics of a mentally and emotionally healthy person and explain what it means to be mentally or emotionally healthy. **1C:** Individuals identify feelings and when one might experience these feelings and how long the feelings are likely to last.

Open-Mindedness: 2B: Empathy, compassion, and acceptance of differences are essential components of healthy relationships.

OPM2-Identifying and Appreciating the Good in Others: 2B: Empathy, compassion, and acceptance of differences are essential components of healthy relationships.

Perspective: 1B: Self-esteem is the opinion a person has of him/herself and can change over time. **1B:** Individuals' self-esteem can be influenced by many internal and external factors. **1C:** Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last. **2B:** Empathy, compassion and acceptance of differences are essential components of healthy relationships. **2B:** Individuals identify personal space and boundaries of others.

Gratitude: 2C: Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills that individuals can learn/foster and may provide benefit for one's mental health.

Kindness: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately.

Self-Control: 1A: Individuals begin to assume responsibility of self-care behaviors (rest, relax, mindfulness, hygiene, exercise, food, friend choice and creative activities) to maintain and/or to improve overall health and wellness. **2B:** Individuals explain the importance of respecting personal space and the boundaries of others.

Perseverance: 1B: Failures, difficulties and non-successes often provide individuals with learning experiences.

Hope: 1B: Self-esteem is the opinion a person has of him/herself and can change over time. **1C:** Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and care impacts mental health.

Prudence: 1C: Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and care impacts mental health. **3B:** Individuals recognize the difference between a situation that requires immediate attention and one that can wait. **3B:** Individuals can decide when help is needed and when it is not needed to make a decision related to mental and emotional health.

OPM2-Supporting Others When They Struggle: 3B: Individuals recognize the difference between a situation that requires immediate attention and one that can wait. **3B:** Individuals can decide when help is needed and when it is not needed to make a decision related to mental and emotional health. **3C:** There are safe, trusted adults in school and at home, as well as within the community, to help individuals with their mental health needs. **3D:** Individuals identify trusted adults with whom they can share feelings.

Social Intelligence: 2A: Communication is expressed verbally and non-verbally. **2A:** Individuals' body language and tone of voice can influence the words being spoken. **2A:** Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways. **2B:** Individuals explain the importance of respecting personal space and the boundaries of others. **3A:** Individuals recognize that sharing feeling is a healthy action.

Love: 2A: Social connections to one or more close individuals are important to the promotion and maintenance of mental health. **3C:** There are safe, trusted adults in school and at home as well as within the community, to help individuals with their mental health needs. **3D:** Individuals identify trusted adults with whom they can share feelings.

Forgiveness: 2C: Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills that individuals can learn/foster and may provide benefit for one's mental health.

Grade 4: Health P2 Instruction

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Mental Health Standards covered throughout the year

Curiosity: 1A: Individuals identify characteristics of a mentally and emotionally healthy person and explain what it means to be mentally or emotionally healthy. **1C:** Individuals identify feelings and when one might experience these feelings and how long the feelings are likely to last.

Open-Mindedness: 2B: Empathy, compassion, and acceptance of differences are essential components of healthy relationships.

OPM2-Identifying and Appreciating the Good in Others: 2B: Empathy, compassion, and acceptance of differences are essential components of healthy relationships.

Perspective: 1B: Self-esteem is the opinion a person has of him/herself and can change over time. **1B:** Individuals' self-esteem can be influenced by many internal and external factors. **1C:** Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last. **2B:** Empathy, compassion and acceptance of differences are essential components of healthy relationships. **2B:** Individuals identify personal space and boundaries of others.

Gratitude: 2C: Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills that individuals can learn/foster and may provide benefit for one's mental health.

Kindness: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately.

Self-Control: 1A: Individuals begin to assume responsibility of self-care behaviors (rest, relax, mindfulness, hygiene, exercise, food, friend choice and creative activities) to maintain and/or to improve overall health and wellness. **2B:** Individuals explain the importance of respecting personal space and the boundaries of others.

Perseverance: 1B: Failures, difficulties and non-successes often provide individuals with learning experiences.

Hope: 1B: Self-esteem is the opinion a person has of him/herself and can change over time. **1C:** Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and care impacts mental health.

Prudence: 1C: Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and care impacts mental health. **3B:** Individuals recognize the difference between a situation that requires immediate attention and one that can wait. **3B:** Individuals can decide when help is needed and when it is not needed to make a decision related to mental and emotional health.

OPM2-Supporting Others When They Struggle: 3B: Individuals recognize the difference between a situation that requires immediate attention and one that can wait. **3B:** Individuals can decide when help is needed and when it is not needed to make a decision related to mental and emotional health. **3C:** There are safe, trusted adults in school and at home, as well as within the community, to help individuals with their mental health needs. **3D:** Individuals identify trusted adults with whom they can share feelings.

Social Intelligence: 2A: Communication is expressed verbally and non-verbally. **2A:** Individuals' body language and tone of voice can influence the words being spoken. **2A:** Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways. **2B:** Individuals explain the importance of respecting personal space and the boundaries of others. **3A:** Individuals recognize that sharing feeling is a healthy action.

Love: 2A: Social connections to one or more close individuals are important to the promotion and maintenance of mental health. **3C:** There are safe, trusted adults in school and at home as well as within the community, to help individuals with their mental health needs. **3D:** Individuals identify trusted adults with whom they can share feelings.

Forgiveness: 2C: Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills that individuals can learn/foster and may provide benefit for one's mental health.

Grade 5: Mental Health P2 Instruction

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Mental Health Standards covered throughout the year

Curiosity: 1A: Individuals identify characteristics of a mentally and emotionally healthy person and explain what it means to be mentally or emotionally healthy. **1C:** Individuals identify feelings and when one might experience these feelings and how long the feelings are likely to last.

Perseverance: 1B: Failures, difficulties and non-successes often provide individuals with learning experiences.

Open-Mindedness: 2B: Empathy, compassion, and acceptance of differences are essential components of healthy relationships.

Hope: 1B: Self-esteem is the opinion a person has of him/herself and can change over time. **1C:** Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and care impacts mental health.

OPM2-Identifying and Appreciating the Good in Others: 2B: Empathy, compassion, and acceptance of differences are essential components of healthy relationships.

Prudence: 1C: Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and care impacts mental health. **3B:** Individuals recognize the difference between a situation that requires immediate attention and one that can wait. **3B:** Individuals can decide when help is needed and when it is not needed to make a decision related to mental and emotional health.

Perspective: 1B: Self-esteem is the opinion a person has of him/herself and can change over time. **1B:** Individuals' self-esteem can be influenced by many internal and external factors. **1C:** Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last. **2B:** Empathy, compassion and acceptance of differences are essential components of healthy relationships. **2B:** Individuals identify personal space and boundaries of others.

OPM2-Supporting Others When They Struggle: 3B: Individuals recognize the difference between a situation that requires immediate attention and one that can wait. **3B:** Individuals can decide when help is needed and when it is not needed to make a decision related to mental and emotional health. **3C:** There are safe, trusted adults in school and at home, as well as within the community, to help individuals with their mental health needs. **3D:** Individuals identify trusted adults with whom they can share feelings.

Gratitude: 2C: Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills that individuals can learn/foster and may provide benefit for one's mental health.

Social Intelligence: 2A: Communication is expressed verbally and non-verbally. **2A:** Individuals' body language and tone of voice can influence the words being spoken. **2A:** Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways. **2B:** Individuals explain the importance of respecting personal space and the boundaries of others. **3A:** Individuals recognize that sharing feeling is a healthy action.

Kindness: 2B: Individuals understand the meanings of empathy, compassion and acceptance and how to express them appropriately.

Love: 2A: Social connections to one or more close individuals are important to the promotion and maintenance of mental health. **3C:** There are safe, trusted adults in school and at home as well as within the community, to help individuals with their mental health needs. **3D:** Individuals identify trusted adults with whom they can share feelings.

Self-Control: 1A: Individuals begin to assume responsibility of self-care behaviors (rest, relax, mindfulness, hygiene, exercise, food, friend choice and creative activities) to maintain and/or to improve overall health and wellness. **2B:** Individuals explain the importance of respecting personal space and the boundaries of others.

Forgiveness: 2C: Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills that individuals can learn/foster and may provide benefit for one's mental health.