

Missouri Comprehensive Guidance and Counseling Personal and Social Development Curriculum Index

PS 1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities

Grade	Unit Title	# of Lessons and Lesson Titles	PS 1 Lesson GLEs
K	The Many Faces of Me	1. Happy, Sad, Scared and Mad: All Belong To Me	PS.1.A.0K Identify basic feelings.
		2. How I Act Is Who I Am	PS.1.B.0K Identify personal roles in the family. PS.1.C.0K Identify character traits needed for different situations.
1 st	A Newer, BETTER, Older Me	1. I'm Just a Bag of Feelings	PS.1.A.01 Identify a variety of feelings.
		2. Character Clovers	PS.1.B.01 Identify personal roles in the school. PS.1.C.01 Recognizing personal character traits.
2 nd	ME Revisited	1. Goldilocks Revisited	PS.1.A.02 Express a variety of feelings. PS.1.C.02 Compare and contrast character traits needed for different situations.
		2. The Many Roles I Play in My Community	PS.1.B.02 Identify personal roles in the community.
3 rd	Who Am I	1. An Apple a Day	PS.1.C.03 Identify the personal characteristics needed to contribute to the classroom.
		2. What Color is Your Apple?	PS.1.A.03 Identify positive characteristics and areas for personal growth.
		3. Fly Your Kite	PS.1.B.03 Reflect on personal roles at home and at school and identify responsibilities.
4 th	How Do I Fit In?	1. Think Positive!	PS.1.A.04: Recognize positive self-talk and communicate personal thoughts and feelings.
		2. I'm a Star!	PS.1.B.04: Reflect on personal roles in the community and identify responsibilities as a community member.
		3. I'm Thumbody!	PS.1.C.04: Identify the personal characteristics that contribute to the school community.
5 th	I Understand Me	1. Finding the Positive	PS.1.A.05: Demonstrate the personal

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			characteristics to maintain a positive self-concept. PS.1.C.05: Demonstrate personal characteristics of a contributing member of the school community.
		2. Keep Finding the Positive	PS.1.A.05: Demonstrate the personal characteristics to maintain a positive self concept. PS.1.C.05: Demonstrate personal characteristics of a contributing member of the school community.
		3. Are You Balanced?	PS.1.B.05: Develop strategies to balance family, school, and community roles.
6 th	TEAMS: Together Everyone Assures My Success	1. Getting Caught in the Web	PS.1.B.06: Identify and develop personal planning strategies to manage individual, family, and school responsibilities. PS.1.C.06: Demonstrate skills needed to participate in team building.
		2. So Much To Do, So Little Time: How Do I Tie All of the Loose Ends Together?	PS.1.B.06: Identify and develop personal planning strategies to manage individual, family, and school responsibilities. PS.1.C.06: Demonstrate skills needed to participate in team building.
		3. What Is Important to Me?	PS.1.A.06: Identify individual strengths and areas for personal growth and good citizenship.
7 th	The Balancing Act	1. Survivors	PS.1.A.07: Demonstrate understanding of individual strengths and personal challenges and how they relate to a positive self-concept. PS.1.C.07: Identify and practice ways to be a contributing group member.

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		2. The Quest of Magic Minutes	PS.1.B.07: Apply personal planning strategies to balance individual, family, and school responsibilities. PS.1.C.07: Identify and practice ways to be a contributing group member.
8 th	Color Your World	1. Color Your Destiny	PS.1.A.08: Identify thoughts and feelings and how they relate to self-concept.
		2. Color Your Community	PS.1.B.08: Recognize the different roles and responsibilities people play in the family, school, or community, and how those roles and responsibilities are interrelated. PS.1C.08: Recognize personal ways for the individual to contribute as a member of the school and community.
9-12 th	Who Am I And How Do I Fit Into The World	1. Juggling New Opportunities	PS.1.A.09: Develop skills needed to maintain a positive self-concept. PS.1.B.09: Recognize increased roles and responsibilities of the individual student within the family, school, and local community. PS.1.C.09: Identify activities the individual student might participate in to become a contributing member of a school community.
		2. Positive Self Talk	PS.1.A.10: Implement skills necessary to exhibit and maintain a positive self-concept. PS.1.B.10: Prioritize roles and responsibilities and implement strategies in order to balance family, school, work and local communities. PS.1.C.10: Identify and participate in activities that help the individual student become a contributing member of a global community.

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		3. Assessing Self-Concept	PS.1.A.11: Practice and modify the skills necessary to exhibit and maintain a positive self-concept. PS.1.B.11: Identify and utilize resources to help balance family, school, work, and local community roles. PS.1.C.11: Build upon activities and experiences that help the individual student become a contributing member of a global community.
		4. My Action Plan	PS.1.A.12: Utilize the skills necessary to exhibit and maintain a life-long positive self-concept. PS.1.B.12: Exhibit the ability to balance personal, family, school, community, and work roles. PS.1.C.12: Exhibit the personal characteristics of a contributing member of a diverse community.