

## Skillsville Learning Objectives

### *Executive Function*

1. Identify foundational executive function skills by naming and explaining what they are and how they are helpful.
2. Identify how and why executive functioning skills (Success Skills) are important for success in every career.
3. Understand how the same executive functioning skills (Success Skills) are used in different careers by matching specific skills to a variety of career descriptions.

### *Self-regulation Strategies*

4. Understand and define self-regulation strategies, including belly breathing, visualizing, and stretching, and why they are important, and their role in supporting executive function skills (Success Skills).
5. Self-monitor their own emotions and behaviors (Pause), verbally or behaviorally, in order to recognize when they need or could benefit from using a self-regulation strategy.
6. Recognize that by self-monitoring (Pause), they can stop and think so that they are able to effectively use a self-regulation strategy that is best suited for their needs.
7. Increase understanding of and effective identification of more self-regulation strategies, both verbally and visually.
8. Utilize more self-regulation strategies when needed.

### *Careers*

9. Be able to define and understand what a career is.
10. Become aware of a multitude of new, diverse careers, name and describe more careers, and recognize various career professionals.
11. Increase understanding of how careers help their community by identifying how careers help a community function.
12. Increase understanding about how their interests and skills may relate to/open future career possibilities.
13. Develop a positive outlook toward future career possibilities and increased confidence in one's ability to be a part of the future workplace.

## Activity Overview

Title	Time	Description	Skillsville Objectives	Common Core Standards	ASCA Mindsets and Behaviors
<i>Air Traffic Controller</i>	11 min	Video: Dev, Rae, and Cora explore the Air Traffic Controller career. Dev has trouble staying focused on the planes at the airport. Can Dev find a strategy to help him focus?	4, 5, 6, 7, 8, 10, 11, 13	CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media.	M 3. Positive attitude toward work and learning  B-SMS 7. Effective coping skills
<i>Breathing</i>	5 min	Strategy Video: Children watch a video about breathing as a self-regulation strategy.	4, 5, 6, 7, 8	CCSS.ELA-LITERACY.CCRA.SL.2 Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.	B-SMS 2. Self-discipline and self-control  B-SMS 7. Effective coping skills
<i>Scout's Adventure Book: Careers in Government</i>	10 min	eBook: Children learn about 5 different careers in Government and how each career uses the Focus Success Skill.	1, 2, 3, 9, 10, 11	CSS.ELA-LITERACY.RI.1.5 Know and use various text features (e.g., headings, tables of contents, glossaries, electronic menus, icons) to locate key facts or information in a text.  CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media.	B-LS 4. Self-motivation and self-direction for learning  B-LS 5. Media and technology skills to enhance learning  B-SMS 3. Independent work



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Title	Time	Description	Skillsville Objectives	Common Core Standards	ASCA Mindsets and Behaviors
Solve the Mystery	35 min	Activity: Children use the Focus Success Skill to be a Detective. Children will look at clues and focus on putting all the information together to solve the mystery.	1, 2, 3, 9, 10, 11	<p>CCSS.ELA-LITERACY.CCRA.SL.1 Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.</p> <p>CCSS.ELA-LITERACY.RL.1.7 Use illustrations and details in a story to describe its characters, setting, or events.</p> <p>CCSS.ELA-LITERACY.SL.1.1 Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.</p>	<p>B-LS 1. Critical thinking skills to make informed decisions</p> <p>B-LS 2. Creative approach to learning, tasks and problem solving</p>
Making Mayor Decisions	25 min	Digital Game: Players serve as Mayors in Mashopolis and make decisions for the city using the Think Differently Success Skill.	1, 3, 10, 11, 12, 13	<p>CCSS.ELA-LITERACY.RI.1.5 Know and use various text features (e.g., headings, tables of contents, glossaries, electronic menus, icons) to locate key facts or information in a text.</p>	<p>B-LS 2. Creative approach to learning, tasks and problem solving</p> <p>B-LS 4. Self-motivation and self-direction for learning</p> <p>B-LS 5. Media and technology skills to enhance learning</p> <p>B-SMS 3. Independent work</p> <p>B-SMS 10. Ability to manage</p>



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Title	Time	Description	Skillsville Objectives	Common Core Standards	ASCA Mindsets and Behaviors
					transitions and adapt to change
Scout's Dictionary	10 min	Dictionary: Children learn about Success Skills through real-life examples.	1	CCSS.ELA-LITERACY.RI.1.5 Know and use various text features (e.g., headings, tables of contents, glossaries, electronic menus, icons) to locate key facts or information in a text.	B-LS 2. Creative approach to learning, tasks and problem solving B-LS 4. Self-motivation and self-direction for learning B-LS 5. Media and technology skills to enhance learning B-SMS 3. Independent work B-LS 3. Time-management, organizational and study skills



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