

## 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>Firefighter</i>	11 min	Video: Rae, Cora, and Dev explore the Firefighter career. Rae has trouble getting calm when she feels frustrated. Can Rae find a strategy to help her feel calm?	4, 5, 6, 7, 8, 10, 11, 12, 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>Silly Shakes</i>	5 min	Strategy Video: Children watch a video about silly shakes 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
Safety First at the Fair	80 min	Career Match-Up: Children are introduced to four different Law and Safety Careers and how they use the Organize Success Skill. Children listen to three different scenarios and try to solve the problem by “mashing” the careers to create a new career.	1, 2, 3, 9, 10, 11	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.  CCSS.ELA-LITERACY.SL.1.1.B Build on others' talk in conversations by responding to the comments of others through multiple exchanges.  CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key	B-LS 1. Critical thinking skills to make informed decisions  B-LS 2. Creative approach to learning, tasks and problem solving  B-SS 1. Effective oral and written communication skills and listening skills



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				<p>details in a text read aloud or information presented orally or through other media.</p> <p>CCSS.ELA-LITERACY.SL.1.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.</p> <p>CCSS.ELA-LITERACY.SL.1.5 Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.</p>	
Taking Care of Animals	30 min	Activity: Children use the Feel Success Skill to be an Animal Control Worker. Children will share how they feel after planning for an animal to stay at a shelter.	1, 2, 3, 9, 10, 11	CCSS.ELA-LITERACY.SL.1.5 Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.	<p>B-LS 1. Critical thinking skills to make informed decisions</p> <p>B-SMS 3. Independent work</p> <p>B-SS 4. Empathy</p>
Emergency Report	25 min	Analog Game: Players try the Emergency Communications Operator career to report different emergencies and use the Focus Success Skill to avoid distractions.	1, 3	CCSS.ELA-LITERACY.SL.1.5 Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.	<p>B-LS 2. Creative approach to learning, tasks and problem solving</p> <p>B-SMS 10. Ability to manage transitions and adapt to change</p> <p>B-SS 1. Effective oral and written communication skills and listening skills</p>



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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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