



# Objectives & I CAN statements

with CASEL competency  
alignment

The following document contains learner objectives and I CAN statements for all 10 learning units in the WhyTry curriculum. The content of the WhyTry units is very valuable. We've identified learner outcomes to not only inform you as a facilitator of the program but also to use it in various ways. Our hope is that you use this information to guide your lessons, assess participant understanding and outcomes, and align the content with organizational expectations and goals.

Included with the objectives is a graphic for each metaphor which shows alignment with CASEL competencies. CASEL has designated five competencies for social and emotional learning which is universally accepted as the core areas in which SEL lesson should focus. We are excited and proud to show how the WhyTry curriculum meets the needs of your students.

It is important to note that there could be additional learning outcomes in addition to the ones we have listed. Social and emotional learning is a process in which we engage with our students in a way that builds relationships and can lead to unforeseen, yet positive outcomes. We encourage you to make note of those outcomes. Reach out and share with us. You can reach us at [info@whytry.org](mailto:info@whytry.org)

# Reality Ride - Key Concept: Decision Making

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain that actions have consequences.					✓
I can explain how a choice can sound or look fun but can actually be a negative choice.	✓				✓
I can identify choices that hurt me or others.			✓	✓	✓
I can stop think and choose when faced with a choice.	✓	✓			✓
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain and give examples of choices students my age make and the outcomes of those choices.		✓			✓
I can explain how a student might make an easy fast choice to have fun but also how it leads to negative consequences.			✓	✓	✓
I can identify strategies that can help me make decisions that will help me.	✓	✓			✓
I can explain what it means to think before we act.		✓			✓
I can explain how choices are important.					✓
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain what is an easy fast choice.					✓
I can explain how choices impact my future in the short and long-term.		✓			✓
I can identify situations where students make easy fast choices that lead to harmful or negative consequences.			✓	✓	✓
I can explain what it means to crash on the Reality Ride.	✓	✓			✓
I can explain how harder but worth it choices help me reach my goals.	✓	✓			✓

# Labels - Key Concept: Positive Self-Image

## CASEL Competencies

Grades 1-2 Objectives	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain that what makes up the Real Me (my strengths) is more than what is on a nametag or label.	✓				
I can define the Real Me as my strengths, what I like about myself, what others like, passions, goals, dreams, etc.	✓				
I can be proud of who I am.	✓	✓			
Grades 3-4 Objectives	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain that what makes up the Real Me is most important.	✓				
I can define the Real Me as my strengths, what I like about myself, what others like, passions, goals, dreams, etc.	✓				
I can be proud of who I am.	✓	✓			
I can explain how what people see on the outside doesn't always match with the Real Me.	✓		✓		
I can identify how everyone has a Real Me that I can recognize as the Real You.	✓		✓	✓	✓
Grades 5-6 Objectives	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain that negative labels are inaccurate and don't show who the real person is on the inside.	✓				
I can explain how negative labels cause us to think and feel that way about ourselves.	✓				
I can recognize strategies to tear away negative labels.	✓	✓			✓
I can share ways to share the Real Me with others.	✓		✓		
I can identify how everyone has a Real Me that I can recognize as the Real You.	✓		✓	✓	✓

# Defense Mechanisms - Key Concept: Emotional Regulation

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can identify different emotions.	✓	✓			
I can identify emotions and situations that make me feel overinflated emotions like anger and frustration.	✓	✓			
I can identify emotions and situations that make me feel underinflated emotions like sadness, fear, embarrassment.	✓	✓			
I can identify strategies that help me feel better when I'm feeling other emotions that don't.	✓	✓			
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I understand how I react to different emotions is a defense mechanism to protect ourselves.	✓	✓		✓	
I can distinguish between positive and negative defense mechanisms (hurting ourselves or others).	✓	✓	✓		
I can explain how negative defense mechanisms take away freedom and opportunity.		✓		✓	✓
I can explain how positive defense mechanisms lead to opportunities and self-respect.		✓		✓	✓
I understand strategies to maintain control of my emotions and select positive defense mechanisms.		✓			
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I understand that in pressure situations if I lose control or let others control me, I will often lose opportunities, privileges, or face negative consequences.	✓	✓	✓	✓	✓
I understand I control how I react in pressure situations and when I remain in control I will be able to have greater opportunities in life.	✓	✓			✓
I can follow the steps to control my defense mechanisms: recognize situations, recognize feelings, pause and choose.		✓			✓

# Motivation Formula - Key Concept: Resilient Mindset

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain what positive self talk means.	✓	✓			✓
I can give examples of positive self talk.	✓	✓			
I use positive self talk to help me through hard things.	✓	✓			✓
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can share examples of things that make my day hard.					✓
I can share strategies that help me when things feel hard.					✓
I can use positive self talk to help me with hard things.	✓	✓			✓
I can name people who can help me through challenges.			✓	✓	
I can explain why it is important to ask for help.			✓	✓	
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can share examples of things that make my day hard.					✓
I can share strategies that help me when things feel hard.					✓
I can use positive self talk to help me with hard things.	✓	✓			
I can give examples of how to help others around me.			✓	✓	
I can name interests, passions, or things I want to be involved in.	✓	✓			✓
I can name people who can help me through challenges.			✓	✓	

# Climbing Out - Key Concept: Peer Relationships and Support

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I know what it means to be kind.			✓	✓	
I can identify ways to be kind with others.		✓	✓	✓	
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
Understand what it means to be kind.			✓	✓	
I can explain what it means to be a positive friend.			✓	✓	
I can give examples of how I can be a positive friend with others.		✓	✓	✓	✓
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can give examples of being kind and positive peer pressure.		✓	✓	✓	
I can give examples of negative peer pressure.		✓	✓	✓	
I can identify situations where negative peer pressure occurs.		✓	✓	✓	
I can identify strategies to help me (withstand/avoid) negative peer pressure.		✓	✓	✓	✓
I can identify personal strengths that can help me in peer pressure situations.	✓		✓	✓	

# Jumping Hurdles - Key Concept: Problem Solving & Learning from Mistakes

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain the importance of effort.		✓			
I can recognize that it is OK to make mistakes and that mistakes are normal.		✓			✓
I can learn to keep trying even if something is difficult or unsuccessful.		✓			✓
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can recognize we all have hurdles in our life.		✓			✓
I know how to get help in jumping over my hurdles.		✓			✓
I can motivate myself to try and jump over my hurdles.		✓			✓
I understand the importance of trying and not giving up after making mistakes.		✓			✓
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can recognize we all have hurdles in our life.		✓			✓
I understand the importance of trying and not giving up after tripping on a hurdle.		✓			✓
I can identify a series of hurdles that stand in the way of accomplishing a goal.		✓			✓

# Desire, Time, and Effort - Key Concept: Hard Work and Determination

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
When I finish something, I feel good about myself.		✓			✓
I can explain that a goal is anything I plan to accomplish.		✓			
I can share ideas on how I will accomplish any goal I set.		✓			
Every day I can set goals that help me.		✓			
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
When I finish something, I feel good about myself.	✓	✓			✓
I can set goals for myself.		✓			✓
I can identify strategies to help me accomplish my goals including not giving up (keep going) and avoiding distractions.	✓	✓			✓
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain what a goal is.		✓			✓
I can create long term goals.		✓			✓
I can create a plan for achieving the goals I set.	✓	✓			✓
I can explain the relationships between hard work and goals.		✓			
I can define hard work as a combination of desire, time, and effort.		✓			
I can explain how desire, time and effort relate to one another.		✓			



# Lift the Weight - Key Concept: Expectations and Responsibility

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain how rules help me.					✓
I can explain how daily routines help me.					✓
I can identify examples of both rules and routines.					✓
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain how the kite metaphor (resistance) applies to rules, expectations and responsibilities.					✓
I can explain what an expectation is using examples (rules, laws, commitments, schoolwork, chores, routines).					✓
I can explain what responsibility means (being dependable, making the choice, and being accountable for the expectations).					✓
I can explain how responsibility and expectations help me find success.	✓	✓			✓
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain how resistance (or doing difficult things) makes me stronger.					✓
I can share examples of resistance that makes me stronger (expectations: rules, laws, commitments, schoolwork, chores, routines).					✓
I can explain how lifting the weight (continuing to climb) is the harder choice.					✓
I can explain how self discipline is a skill that helps me follow through with the responsibility I have.					✓
I can explain what self discipline means (controlling emotions and making decisions to do the harder thing).	✓	✓			✓

# Plugging In - Key Concept: Relationship Skills and Support

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can name people in my life that can help me at home and at school.				✓	
I can give examples of strategies to build and strengthen relationships with people at home and at school.				✓	
I can ask for help from people in my life.				✓	✓
I know what adults I can trust in my life.				✓	
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain what a positive relationship is.				✓	
I can name people in my life that I have a positive relationship with and can help support me.				✓	
I can build positive relationships through showing respect, including others and standing up for my peers.			✓	✓	✓
I can strengthen my relationships by being a support to people in my life and using listening strategies such as using appropriate body language, asking questions, and not interrupting.	✓	✓	✓	✓	
I can ask for help from people that I have a positive relationship with.				✓	
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can explain what a positive relationship is.				✓	
I can identify (name) people in my life that I have a positive relationship with and can help support me.				✓	
I can explain how relationships in my life help me every day.				✓	
I can build relationships by showing interest in other people and using my interests, passions and hobbies to connect with other people.	✓	✓	✓	✓	
I can strengthen my relationships by listening to others, giving time, showing respect and valuing the positive relationships that I have.	✓	✓	✓	✓	✓

# The Wall - Key Concept: Self-Efficacy

## CASEL Competencies

<b>Grades 1-2 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can use the lessons I've learned to do hard things and help others.	✓	✓			✓
I can name examples of skills I've learned through WhyTry.	✓	✓			✓
I can explain how I can use the skills of resilience in different situations.	✓	✓			✓
<b>Grades 3-4 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can use the lessons I've learned to do hard things and help others.	✓	✓			✓
I can name examples of skills I've learned through WhyTry.	✓	✓			✓
I can explain how I can use the skills of resilience in different situations.	✓	✓			✓
I can identify challenges in life that the skills of resilience will help me with.	✓	✓			✓
<b>Grades 5-6 Objectives</b>	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
I can use the lessons I've learned to do hard things and help others.	✓	✓			✓
I can name examples of skills I've learned through WhyTry.	✓	✓			✓
I can explain how I can use the skills of resilience in different situations.	✓	✓			✓
I can identify challenges in life that the skills of resilience will help me with.	✓	✓			✓