

Colorado

CASEL & Comprehensive Health Standards



SELF-AWARENESS: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Health Standards	In Focus Lessons	
Standard 3 Health promotion, disease prevention, and health maintenance	• Maslow's Pyramid • Well-Being • Conditions of Well-Being • Self-Care & Hygiene	• Exercise • Personal Excellence • Courage
Standard 4 Mental, emotional, and social well-being	• Self-Awareness • Celebrating My Strengths • Emotional Awareness • Emotional Regulation • Happiness • Gratitude	• Embracing Change • Navigating Uncertainty • Self-Compassion • Deep Learning • Test Preparation

SELF-MANAGEMENT: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and working toward achieving personal and academic goals.

Health Standards	In Focus Lessons	
Standard 1 Lifelong healthy eating	• Conditions of Well-Being • Nutrition • Growth Mindset • Goal Setting • Lifelong Learning	• Time Management • Organization • Executive Function • Motivation
Standard 5 Drugs & substances	• Mind & Body Drug Free • Managing Stress	• Coping Strategies • Self-Efficacy

SOCIAL AWARENESS: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

Health Standards	In Focus Lessons	
Standard 2 Healthy relationships and sexual and reproductive health	• Connection • Strengths of Others • Respect for Others • Perspective Taking	• Digital Citizenship • Civic Roles • Making a Difference

RELATIONSHIP SKILLS: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

Health Standards	In Focus Lessons	
Standard 6 Healthy, violence-free relationships	• Kindness & Friendship • Empathy • Communication • Active Listening • Respecting Personal Space • Collaboration	• Conflict Resolution • Character Traits • Leadership • Resilience & Perseverance • Positive Peer Impact

RESPONSIBLE DECISION-MAKING: The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

Health Standards	In Focus Lessons	
Standard 7 Personal safety knowledge and injury prevention	• Physical Safety • Psychological Safety • Bully Prevention • Power of Words • Choices & Consequences	• Critical Thinking • Problem Solving • Feedback • Honesty & Integrity • Responsibility