

Doing Our PARRT



K-5 Social Emotional Behavioral (SEB) Curriculum

- Working together to build a positive, caring learning environment
- Children learn and practice essential life skills on a regular basis
- Lessons focus on friendship skills, learning to manage emotions, solving conflicts peacefully, and reducing incidents of bullying

Personal Best Active Listening Respect Responsibility Trustworthiness

None of us would disagree that these character traits are important for our students to master as we work toward achieving the district mission to “develop world-class learners and responsible citizens.” Social Emotional Behavioral (SEB) learning is the process of acquiring skills to manage emotions effectively, establish positive relationships, make responsible decisions, and handle challenging situations effectively. This type of

Curriculum Design

The Doing Our PARRT curriculum is made up of 12 lessons at every grade level, kindergarten through the fifth grade. A team of elementary counselors worked together to design the initial lessons. The lessons were piloted in the spring of 2008 by elementary teachers in classrooms across the district. The lessons were modified based on feedback given by the pilot teachers and the final curriculum was completed and in the hands of all elementary teachers in time for the start of the 2008-2009

learning does not happen naturally for all of our children. What better setting to teach these skills directly than the learning communities our students come to each day at school? The Doing Our PARRT curriculum was designed to help students acquire these skills at the elementary level in the Cedar Rapids Schools.

school year. The Doing Our PARRT curriculum has also been expanded into our Early Learning programs and at the middle school level. Lesson design was based on research-based components in order to capitalize on the good things already happening in our elementary schools: continuous improvement, the use of quality tools, hundreds of teachers who have been trained in the TRIBES® Learning Community process, curriculum integration, and differentiated instruction.

“It teaches me all the stuff I need to know, like social skills, so that I can get out into the world, interact with my peers, and try to stay out of trouble.”

-Noah, 5th Grade-



Literature Links

Personal Best

- [Shy Charles](#), by Rosemary Wells
- [Regina's Big Mistake](#), by Marissa Moss

Active Listening

- [A Good Day for Listening](#), by Mary Ellen King
- [Listen Buddy](#), by Helen Lester and Lynn Munsinger

Respect

- [Stand Tall, Molly Lou Melon](#), by Patty Lovell
- [Chrysanthemum](#), by Kevin Henkes

Responsibility

- [It Wasn't My Fault](#), by Helen Lester
- [Wanda's Roses](#), by Pat Brisson

Trustworthiness

- [I Tell the Truth](#), by David Parker
- [Ruby the Copycat](#), by Peggy Rathmann

The Lessons

Lesson titles were carefully selected based on the age and developmental levels of children. The titles and content remain the same every two years, but the way that the lessons are delivered each year varies. The content of many of the lessons spirals across grade levels to solidify learning for students. Each lesson has four parts to it. They include: Community Circle, Read Aloud, Direct Instruction, and a TRIBES® energizer or strategy. All components of a single lesson are connected and when taught over time will reinforce the concepts being taught. The lessons are designed to be taught by the classroom teacher, with

support from the school counselor, as necessary. SEB research concludes that there is greater effectiveness for students when lessons are taught by the teacher and become part of the way the class does business. Lesson extensions are included so that content can be taught throughout the school year, with plenty of opportunities for skills to be practiced, reinforced, and re-taught as needed. Over time, the interactive, inclusive nature of the lessons allows children to be an active participant in building a strong classroom community.

Home Connection

"Family life is our first school for emotional learning," states Daniel Goleman, the author of the book *Emotional Intelligence*. Through family life we learn about recognizing and reacting to our own feelings, developing compassion for others, and how to make responsible decisions. Together, families and schools can play pivotal roles in supporting children's healthy development in dealing with their emotions and in their relationships with others.

Suggestions for supporting the [Doing Our PARRT](#) curriculum at home:

- Ask your child to tell you about the [Doing Our PARRT](#) lessons.
- Use the PARRT language of personal best, active listening, respect, responsibility, and trustworthiness at home.
- When children have a problem or concern, ask questions that help them to find solutions on their own such as, "How do you think you can handle that?", "What do you think you can do in this situation?", or "Do you need me to help you with that?"
- Read books and stories together. They can be a way to explore issues like making and keeping friends or the PARRT language.

Doing Our PARRT K-5 CORE Social / Emotional / Behavioral (SEB) Lessons

K - 1 st	2 nd - 3 rd	4 th -5 th
Recognizing My Feelings	Being a Friend	Respecting Others
Controlling My Feelings	Respecting Others	Understanding Other Points of View
Recognizing Others' Feelings	Understanding Other Points of View	Respecting Differences
Caring About Others (Empathy)	Respecting Differences	What is a Conflict?
Being a Friend	What is a Conflict?	Controlling My Feelings
Respecting Others	Controlling My Feelings	Resolving Conflicts Peacefully
What is a Conflict?	Resolving Conflicts Peacefully	Recognizing Bullying
Talking It Out / Resolving Conflict	Recognizing Bullying	Conflict vs. Bullying What's the Difference?
Dealing With Put-Downs	Conflict vs. Bullying What's the Difference?	Refusing Bullying
Reporting a Problem	Refusing Bullying	Reporting Bullying
What Is Bullying?	Reporting Bullying	Bystanders Are The Key
Standing Up to Bullying	Bystanders Are The Key	Valuing Individual Differences



This table shows the lesson titles across grade levels.

