

## PROHUMAN CURRICULUM - GRADE 1

### OVERVIEW OF UNITS:

Unit 1	September	Optimism
Unit 2	October	Grit
Unit 3	November	Gratitude
Unit 4	December	Curiosity
Unit 5	January	Courage
Unit 6	February	Compassion
Unit 7	March	Fairness
Unit 8	April	Understanding
Unit 9	May	Humanity

## UNIT 2: GRIT

### LESSON 1: LEARNING GRIT FROM LITERATURE

#### SUMMARY:

The Prohuman Grade 1 curriculum is aligned to two sets of standards: [Common Core State Standards for English Language Arts](#) and [Character and Social Emotional Development \(CSED\) National Guidelines](#). The full collection of units introduces all nine of the prohuman character strengths: optimism, grit, gratitude, curiosity, courage, compassion, fairness, understanding, and humanity.

Unit 2, Lesson 1, “Learning Grit from Literature,” reinforces the vocabulary word grit. Students will learn examples of grit from a contemporary work of children’s literature. Additionally, students will create their own sentences that demonstrate their comprehension of the word grit. Finally, students will practice their reading and conversation skills by sharing sentences with classmates.

**SUGGESTED TIME:** 20 minutes

**RELATED SUBJECT:** English Language Arts

**LEARNING OUTCOMES:**

- Listen to a read aloud to reinforce understanding of English sentence structure, syntax, and grammar
- Practice reading aloud to a partner to support reading comprehension
- Spell, define, and give an example of grit
- Compose sentences that demonstrate comprehension of the word grit
- Demonstrate understanding of standard English sentence structure and grammar in writing and speaking
- Practice reading and conversation skills by sharing sentences with classmates

**VOCABULARY:**

**Grit:** I keep trying to reach my goals even when it is hard. I don't give up.

**REQUIRED MATERIALS:**

- Materials for the [Spaghetti Tower Marshmallow Challenge](#) — for each team: 20 sticks of dry spaghetti, one yard of string, one yard of tape one marshmallow
- Book: [Yes I Can!: A Story of Grit](#) by Mari Schuh or
- Video: [Read aloud of Yes I Can!: A Story of Grit](#) by [Official FSUFSD](#) (~6 min)
- Prohuman Grade 1 Unit 2 Worksheet 1: Learning Grit from Literature

**ELA COMMON CORE STANDARDS MET**

CCSS.ELA-LITERACY.RF.1.1	Demonstrate understanding of the organization and basic features of print.	✓
CCSS.ELA-LITERACY.RF.1.1.A	Recognize the distinguishing features of a sentence (e.g., first word, capitalization, ending punctuation).	✓
CCSS.ELA-LITERACY.RF.1.2	Demonstrate understanding of spoken words, syllables, and sounds (phonemes).	✓

CCSS.ELA-LITERACY.RF.1.3	Know and apply grade-level phonics and word analysis skills in decoding words.	✓
CCSS.ELA-LITERACY.L.1.1	Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	✓
CCSS.ELA-LITERACY.L.1.2	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	✓
CCSS.ELA-LITERACY.SL.1.1	Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.	✓
CCSS.ELA-LITERACY.SL.1.1.A	Follow agreed-upon rules for discussions (e.g., listening to others and taking turns speaking about the topics and texts under discussion).	✓

## CHARACTER AND SOCIAL EMOTIONAL (CSED) NATIONAL STANDARDS MET

Performance Character A	Know, understand, and practice the character strengths of self-discipline, responsibility, goal setting and grit	✓
Performance Character B	Apply and demonstrate the character strengths of self-discipline, responsibility, goal setting and grit	✓
Self-Awareness A2	Identify personal strengths (e.g., honesty, curiosity, listening)	✓
Self-Management A3	Explain the different ways people respond to problems and challenges (e.g., ask for help, try harder, learn from mistakes)	✓
Social-Awareness A	Demonstrate the ability to empathize and take the	✓

	perspective of others, including demonstrating awareness of cultural differences and respect for human dignity	
Social-Awareness A3	Demonstrate the ability to listen carefully and intentionally to others	✓
Social-Awareness A6	Be able to tell stories and listen to stories told by others	✓
Interpersonal/ Relationship Skills 1	Initiate and engage in conversation and social interactions with classmates, peers, and adults	✓
Interpersonal/ Relationship Skills 7	Play games and appropriately participate in small group classroom activities	✓
Responsible and Ethical Decision-Making 1	Describe a rule or principle that everyone should strive to live by (e.g., be kind, be honest, try your best)	✓

## LESSON PROCEDURE

Today we will learn about grit.

- 1.) Write grit on the board. Tell students that grit means that we keep trying to reach our goals even when it is hard. We don't give up.
- 2.) Today we will do an activity to learn about grit called the [Spaghetti Tower Marshmallow Challenge](#). Follow the procedure on this website.
- 3.) Read [Yes I Can!: A Story of Grit](#) by Mari Schuh (text) or play the video reading of [Yes I Can!: A Story of Grit](#) (~6 min)
- 4.) Ask students how Jada in the story showed grit.

Let's work on some writing about grit.

- 1.) Ask students to spell grit on their worksheets.
- 2.) Ask students to write one sentence on their worksheet that explains how Jada showed grit.
- 3.) Ask students to write one sentence on their worksheet that explains how Jada's grit helped her and others.
- 4.) Ask students to write one sentence on their worksheet that explains a time they showed grit.

5.) Ask students to read their sentences to a partner.

### **EXTENSION ACTIVITIES - SUGGESTIONS**

- Talk with your students about times that you have seen examples of people demonstrating grit. You could give examples of family, friends, and/or historical or current public figures.
- Talk with your students about times in your life that you have demonstrated grit, despite hardships.

## **GRADE 1 UNIT 2 WORKSHEET 1: LEARNING GRIT FROM LITERATURE**

**Grit:** I keep trying to reach my goals even when it is hard. I don't give up.

**Write the word grit:**

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**ACTIVITY:**

**Write 1 sentence that explains how Jada showed grit:**

**Write 1 sentence that explains how Jada's grit helped her and others:**

**Write 1 sentence that explains a time when you showed grit:**