

Trauma-Informed Kindergarten - Grade 5 (Ages 5-11) Content Framework

Ready4K's K - Grade 5 Trauma-Informed Content Framework Overview provides the overarching topics and an expanded view of each topic that is included in our Trauma-Informed family engagement curriculum delivered via text message.

Social and Emotional Competence of Children	<ul style="list-style-type: none"> • Self-Awareness and Self-Esteem • Relationships, Family, and Community • Emotional Understanding and Self-Regulation • Executive Functioning and Independence • Problem Solving, Conflict Resolution, and Resilience
Knowledge of Parenting and Child Development	English Language Arts
	<ul style="list-style-type: none"> • Speaking and Listening • Language • Reading: Foundations and Phonics • Reading: Literature and Informational Text • Writing
	Math and Science
<ul style="list-style-type: none"> • Numbers, Counting, and Cardinality (Kindergarten Only) • Numbers and Operations—Fractions (Grade 3, 4, and 5 Only) • Operations and Algebraic Thinking • Numbers and Operations in Base Ten • Measurement and Data • Geometry • Critical Thinking Skills • Explore, Experiment, and Observe 	
Social Connections	<ul style="list-style-type: none"> • Home and School Partnership • Peer, Family, and Community Connection
Parental Resilience and Self-Care	<ul style="list-style-type: none"> • Parental Self-Care • Parental Resilience • Parental Social and Emotional Learning • Parental Executive Functioning Skills
Concrete Supports in Times of Need	<ul style="list-style-type: none"> • Basic Needs and Job Assistance • Medical, Dental, and Mental Health Resources and Information • Addiction Treatment, Recovery and Prevention Programs • Violence, Abuse, and Crisis Supports • Cultural Resources • Immigrant, Migrant, and Refugee Services and Resources • Parenting Support and Family Engagement Activities • School and Readiness Information and Resources • Family-Friendly Places and Experiences

SOCIAL-EMOTIONAL COMPETENCE OF CHILDREN

Ready4K's Trauma-Informed curriculum is created on a continuum. Social and emotional skills are practiced and strengthened as children learn, grow, and develop. The activities and strategies offered promote interactions to support children's ability to recognize, communicate, and regulate their emotions. Additional focus is placed on building skills to support healthy family and peer relationships.

Self-Awareness and Self-Esteem

- Awareness of personal qualities
- Identifying likes and dislikes
- Expressing pride
- Practicing positive self-talk
- Identifying strengths and weaknesses
- Identifying trusted adults
- Listening to support growth and development

Executive Functioning and Independence

- Following through
- Planning and preparing
- Flexible thinking
- Focus and attention
- Goal-setting
- Taking responsibility
- Self-reliance
- Making independent choices
- Advocating for needs/self

Relationships, Family, and Community

- Responding to others' emotional needs
- Kindness
- Sharing
- Helping and chores
- Complimenting others
- Recognizing similarities and differences
- Engaging with peers
- Celebrating differences
- Community citizenship

Problem Solving, Conflict Resolution, and Resilience

- Identifying and solving problems
- Coping strategies
- Preventing, managing, and resolving interpersonal conflicts
- Compromise
- Advocacy

Emotional Understanding and Self-Regulation

- Expressing feelings in multiple ways
- Noticing others' emotional needs
- Responding to others' emotional needs
- Practicing calm down strategies
- Identifying and managing emotions

ACADEMIC SUPPORTS:

Knowledge of Parenting and Child Development

Ready4K's Trauma-Informed curriculum strengthens parents' and caregivers' understanding of child development to help them best meet their child's evolving needs. Children's learning, growth, and continued development is supported through scaffolded academic supports that provide information, activities, and strategies.

- Building awareness that development happens within a range
- Strengthening parent parent and caregiver capacity to provide academic support
- Equipping families with information about age-appropriate behaviors and milestones

- Creating routines to promote learning and connection
- Building and strengthening parental and caregiver advocacy skills
- Promoting child-led and play-based learning
- Increasing capacity to read and understand your child's cues

ENGLISH LANGUAGE ARTS

Speaking and Listening

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> • Asking questions to build language skills • Developing communication skills by expressing thoughts and ideas clearly • Building conversation skills thru turn taking 	<ul style="list-style-type: none"> • Developing communication skills by expressing thoughts and ideas clearly • Building conversation skills through turn-taking • Responding to others in conversation • Using many details to describe things 	<ul style="list-style-type: none"> • Telling stories in event order and including key details • Responding and building on others' thoughts or ideas with your own • Exploring strategies to boost listening skills 	<ul style="list-style-type: none"> • Sharing thoughts and ideas to build participation in conversations and discussions • Understanding the difference between facts and opinions • Sharing facts and opinions with others 	<ul style="list-style-type: none"> • Expressing thoughts and ideas to answer questions, engage in conversations, and add to discussions • Summarizing key ideas of a text or experience • Sharing experiences, thoughts, and ideas through storytelling 	<ul style="list-style-type: none"> • Engaging and expanding on conversations and discussions by listening and sharing ideas • Presenting ideas and information in clear and persuasive ways • Using descriptive language when storytelling

ENGLISH LANGUAGE ARTS

Language

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> • Making connections between words and their real-life uses • Using question words to build knowledge • Using and understanding sequence words in storytelling • Printing upper and lowercase letters • Using letter sound correspondence to write part or all of a word phonetically 	<ul style="list-style-type: none"> • Printing all upper and lowercase letters • Making connections between words and their real-life uses • Introducing and using new words to build vocabulary • Using letter-sound correspondence to write words phonetically 	<ul style="list-style-type: none"> • Making connections between words and their real-life uses • Introducing and using new words to build vocabulary 	<ul style="list-style-type: none"> • Developing a daily reading routine • Reading texts with fluency to build comprehension • Introducing and using new words to build vocabulary • Recognizing word families and using knowledge to read new words • Understanding and using verbs • Using descriptive language 	<ul style="list-style-type: none"> • Using context to understand word meaning • Introducing and using new words to build vocabulary • Selecting the best way to describe or explain something clearly • Understanding and explaining the meaning of similes 	<ul style="list-style-type: none"> • Building and sustaining a daily reading routine • Introducing and using new words to build vocabulary • Understanding and creating metaphors • Identifying root words and using knowledge to define new words • Spelling grade-level words correctly

ENGLISH LANGUAGE ARTS

Reading: Foundations and Phonics

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> • Identifying upper and lowercase letters • Identifying high-frequency words • Sight words • Sounding out simple CVC words • Exploring letter-sound correspondence • Identifying vowels and vowel sounds • Syllabication: finding the “beats” in a word 	<ul style="list-style-type: none"> • Decoding one-syllable words • Building self-check and self-correction skills • Exploring vowel teams and how they work • Identifying parts of a sentence • Using and understanding punctuation 	<ul style="list-style-type: none"> • Building self-check and self-correction skills • Using context to build word comprehension skills • Decoding regularly spelled two-syllable, long-vowel words 	<ul style="list-style-type: none"> • Using context to build word comprehension skills • Building self-check and self-correction skills • Reading with fluency and accuracy to increase comprehension 	<ul style="list-style-type: none"> • Reading with fluency and accuracy to increase comprehension • Using word knowledge to build self-check and self-correction skills • Using context to build word comprehension skills 	<ul style="list-style-type: none"> • Reading increasingly complex texts with fluency and accuracy to increase comprehension • Identifying root words and using knowledge to read new words

ENGLISH LANGUAGE ARTS

Reading: Literature and Informational Text

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Asking and answering questions about details in a text Connecting illustrations with a story to build understanding Pausing to ask what happened and why 	<ul style="list-style-type: none"> Asking and answering questions about details in a text Using pictures to deepen comprehension Retelling stories with detail to demonstrate comprehension Selecting "Just Right" texts Reading "Just Right" texts to others to build skill and confidence 	<ul style="list-style-type: none"> Reading and comprehending grade-level texts Connecting key ideas and reasons in a text Identifying key details in a text Asking and answering questions about details in a text Using voices to differentiate characters in a story Using text features to find information Selecting "Just Right" texts Reading "Just Right" texts to build skill and confidence 	<ul style="list-style-type: none"> Identifying, selecting, and reading "Just Right" texts Describing characters in a story to deepen comprehension Using text features to find information Identifying main ideas and key details in a text 	<ul style="list-style-type: none"> Describing characters in a story using details in order to support comprehension Using chronological order to retell stories or events Identifying and explaining the main ideas and key details in a text Discovering themes in texts using key details 	<ul style="list-style-type: none"> Identifying and explaining the main ideas and key details in a text Summarizing and sharing information Analyzing how imagery can add to the meaning and understanding of text Reading and comprehending a wide variety of text, including poetry

ENGLISH LANGUAGE ARTS

Writing

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Retelling a story or experience through drawing Connecting the spoken word to written language Dictating a story using sequence words 	<ul style="list-style-type: none"> Using writing to share an experience with others Including details to bring stories to life 	<ul style="list-style-type: none"> Recalling and writing about personal experiences Telling stories in event order with numerous details Developing the setting of a story using temporal words 	<ul style="list-style-type: none"> Developing a writing routine Exploring opportunities to write in daily life Using storytelling to develop writing skills 	<ul style="list-style-type: none"> Developing a daily writing routine Writing with a purpose in mind Using sensory details to elevate writing Using writing as a form of self-expression Introducing a topic and providing support within an organization structure 	<ul style="list-style-type: none"> Developing an independent writing routine Writing with a purpose and audience in mind Using sensory details to elevate writing Using writing as a form of self-expression Introducing a topic and providing support within an organization structure

MATH AND SCIENCE			
Numbers, Counting, and Cardinality (Kindergarten Only)	Numbers and Operations—Fractions (Grade 3, 4, and 5 Only)		
Kindergarten	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Using one-to-one correspondence when counting Counting to tell how many Counting by ones to 100 Counting on from a number other than 1 Finding meaningful opportunities to write numbers Comparing written numbers and identifying which one is smaller or bigger 	<ul style="list-style-type: none"> Using cooking to explore fractions 	<ul style="list-style-type: none"> Using knowledge of fractions to solve problems 	<ul style="list-style-type: none"> Using fractions in real-world settings Using knowledge of fractions to solve problems

MATH AND SCIENCE					
Operations and Algebraic Thinking					
Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Developing addition skills using interactive games Recognizing patterns Building on existing patterns Introducing strategies to build subtraction and addition skills 	<ul style="list-style-type: none"> Using addition and subtraction questions to build the ability to solve word problems Solving addition and subtraction problems using interactive games Discovering number combinations that make 10 Understanding and using the equal sign 	<ul style="list-style-type: none"> Exploring odd and even numbers by pairing objects Building addition and subtraction mental math skills using interactive games Using mental math to build addition and subtraction fluency 	<ul style="list-style-type: none"> Exploring strategies for adding and subtracting numbers within 1000 Practicing division in everyday situations Using estimation to determine amounts while shopping 	<ul style="list-style-type: none"> Identifying patterns and rules using existing math knowledge base Developing understanding and fluency with multiplication Solving problems using multiplication skills 	<ul style="list-style-type: none"> Identify mathematical patterns Solving problems using pattern knowledge Solving problems using multiplication skills

MATH AND SCIENCE

Numbers and Operations in Base Ten

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Noticing written numbers and identifying the digits that make up the number 	<ul style="list-style-type: none"> Recognizing and reading numbers with digits in the hundreds, tens, and ones column Identifying and comparing two-digit numbers to determine which is bigger or smaller 	<ul style="list-style-type: none"> Recognizing and reading numbers with digits in the thousands, hundreds, tens, and ones column Mentally adding or subtracting 10 from a given number Counting to 1000 by 10s and 100s Identifying and comparing two- and three-digit numbers to determine if the numbers are =, <, or > 	<ul style="list-style-type: none"> Exploring place value using numbers in everyday life Building multiplication skills by doubling amounts or objects Introducing decimals using money Identifying, comparing, and ordering many two- and three-digit numbers Recognizing and reading numbers with digits in the hundred thousands, ten thousands, and thousands column 	<ul style="list-style-type: none"> Recognizing and reading numbers with digits in the hundred thousands, ten thousands, and thousands column Reading and comparing multi-digit numbers to determine if the values are greater, less than, or equal to each other Understanding and applying place value knowledge to solve problems 	<ul style="list-style-type: none"> Fluently multiplying whole single- and double-digit numbers Using knowledge of place value to round decimals to any place Adding decimals to the hundredths

MATH AND SCIENCE

Measurement and Data

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Selecting, comparing, and describing two objects Comparing the length of an object to determine which one is shorter or taller 	<ul style="list-style-type: none"> Practicing measuring objects using nonstandard units of measurement Collecting objects and putting them in size order Building an awareness of time by using a clock to time activities Developing time-telling skills by referencing the hands and numbers on a clock Using surveys to learn about numbers and data 	<ul style="list-style-type: none"> Practicing time-telling skills during daily life Finding opportunities to measure everyday objects using a ruler Estimating the length of objects and test for accuracy Developing an understanding of money and amount in real-life situations Using surveys to collect and analyze data 	<ul style="list-style-type: none"> Developing an understanding of money and amount in real-life situations Finding meaningful opportunities to weigh objects Timing activities using hours, minutes and seconds to build time-telling skills 	<ul style="list-style-type: none"> Developing an understanding of the different units of time Converting measurements from larger to smaller units Gathering and interpreting data Using knowledge of measurement to solve problems 	<ul style="list-style-type: none"> Understanding real-world applications of mathematical learning Gathering and interpreting data Making predictions based on data and information Using knowledge of measurement to solve problems

MATH AND SCIENCE

Geometry

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Using position words to describe where an object is Recognizing and naming shapes in our daily world Identifying shapes and combining shapes to create new ones Building and drawing shapes 	<ul style="list-style-type: none"> Comparing and contrasting common shapes Dividing shapes into equal parts to explore the concepts of half and fourths 	<ul style="list-style-type: none"> Understanding and identifying angles Dividing shapes into equal parts to explore the concepts of half, thirds, and fourths 	<ul style="list-style-type: none"> Understanding and identifying right angles 	<ul style="list-style-type: none"> Understanding and identifying right angles Understanding and identifying parallel lines 	<ul style="list-style-type: none"> Understanding and identifying perpendicular lines Categorizing shapes based on identified attributes

MATH AND SCIENCE

Critical Thinking Skills

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Asking open-ended questions Offering opportunities for problem solving 	<ul style="list-style-type: none"> Making predictions using existing knowledge base Asking open-ended questions to promote discussion Offering opportunities for problem solving 	<ul style="list-style-type: none"> Making predictions using existing knowledge base Asking open-ended questions to promote discussion Offering opportunities for problem solving 	<ul style="list-style-type: none"> Making predictions using existing knowledge base Asking open-ended questions to promote discussion Offering opportunities for independent problem solving 	<ul style="list-style-type: none"> Making predictions using existing knowledge base Asking open-ended questions to promote discussion Offering opportunities for independent problem solving 	<ul style="list-style-type: none"> Building a growth mindset: mistakes are learning moments Making predictions using existing knowledge base Asking open-ended questions to promote discussion Offering opportunities for problem solving

MATH AND SCIENCE

Explore, Experiment, and Observe

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> Building new objects using everyday materials Using knowledge of patterns, shapes, and measurement to experiment and create 	<ul style="list-style-type: none"> Experimenting with objects to determine if they sink or float 	<ul style="list-style-type: none"> Offering opportunities to independently observe and explore during daily routines 	<ul style="list-style-type: none"> Using maps to explore and navigate an area 	<ul style="list-style-type: none"> Using acquired knowledge from experiences to answer questions and solve problems 	<ul style="list-style-type: none"> Using acquired knowledge from experiences to answer questions and solve problems

SOCIAL CONNECTIONS

Ready4K's Trauma-Informed curriculum strengthens parents' and caregivers' ability to seek out, build, and maintain social connections.

Peer, Family, and Community Connection	Home and School Partnership
<ul style="list-style-type: none"> Identifying trusted relationships Building skills that support healthy, reciprocal relationships Identifying opportunities for social connection Understanding the benefits of feeling connected Developing routines for ongoing connection 	<ul style="list-style-type: none"> Navigating school communication and expectations Determining your best method of communication Getting to know your child's teacher Being an advocate for your child Parent-Teacher Conferences: What to expect Parent-Teacher Conferences: Questions to ask

PARENTAL RESILIENCE AND SELF-CARE

Ready4K's Trauma-Informed curriculum builds parent and caregiver capacity to manage, cope, and respond to parenting and life stressors.

Parental Self-Care	Parental Resilience	Parental Social and Emotional Learning	Parental Executive Functioning Skills
<ul style="list-style-type: none"> • Recognizing the need for and positive impact of caring for oneself • Developing self-care routines • Understanding the importance and health benefits of body movement • Connecting with nature • Building healthy sleep habits • Practicing and implementing strategies for recharging 	<ul style="list-style-type: none"> • Developing and strengthening reflective practices • Increasing capacity for parental mentalization • Increasing parental capacity for emotional regulation • Practicing and implementing strategies to build resilience • Build capacity for navigating daily stress and challenging moments • Developing strategies for seeking help when needed • Developing awareness of own needs 	<ul style="list-style-type: none"> • Building confidence • Celebrating strengths • Practicing and implementing stress management and coping strategies • Being emotionally available • Building a growth mindset • Recognizing and acknowledging your own emotions • Practicing mindfulness • Strengthening positive relationships • Strengthening personal agency 	<ul style="list-style-type: none"> • Building routines to support self and family • Exploring goal-setting strategies • Exploring organizational practices • Increasing understanding of the effects of emotional regulation

CONCRETE SUPPORTS IN TIMES OF NEED

Ready4K's Trauma-Informed curriculum provides direct links to nationally vetted resources and local resources in a secondary messaging stream.

Resource Topics

<ul style="list-style-type: none"> • Basic Needs and Job Assistance • Medical, Dental, and Mental Health Resources and Information • Addiction Treatment, Recovery and Prevention Programs • Violence, Abuse, and Crisis Supports • Cultural Resources 	<ul style="list-style-type: none"> • Immigrant, Migrant, and Refugee Services and Resources • Parenting Support and Family Engagement Activities • School and Readiness Information and Resources • Family-Friendly Places and Experiences
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