Social Emotional Development

Emotional Development: understanding how and why feelings and emotions occur in self and others and developing effective ways for managing those feelings. 1

a Self Concept 1.A

1 34-48 months 1.A.1

1 Begins to see self as an individual with their own wants, needs, skills, and abilities. 1.A.1.1

2 Chooses individual activities. 1.A.1.2

3 Expresses self in different roles during pretend play. 1.A.1.3

4 Compares self with others. 1.A.1.4

5 Expresses own ideas and opinions. 1.A.1.5

6 Begins to show awareness of own autonomy and boundaries. 1.A.1.6

2 46-60 months End of Preschool Standards 1.A.2

1 Expresses and/or demonstrates an awareness of self as an individual with certain wants, needs, abilities, characteristics, preferences, and rights. 1.A.2.1

2 Demonstrates self-direction by making choices among peers, activities, and materials. 1.A.2.2

3 Tries new things and improves new skills with practice. 1.A.2.3

4 Initiates actions or activities with peers. For example, inviting a friend to play. 1.A.2.4

5 Uses a variety of materials with curiosity and interest. 1.A.2.5

6 Shows ability to take care of personal or shared possessions. (e.g. backpack, toys, books). 1.A.2.6

7 Shows ability to respect personal space and boundaries of other people. (e.g., checking before touching another person or showing concern when stepping on someone's foot). 1.A.2.7

b Self-Regulation 1.B

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1 34-48 months 1.B.1

1 Demonstrates understanding of and ability to communicate developmentally appropriate basic safety guidelines. 1.B.1.1

2 Shows progress in the ability to express and identify feelings, needs, and opinions across learning environments. 1.B.1.2

3 Shows progress in ability to recognize and communicate feelings and emotions. 1.B.1.3

4 Shows progress in sharing the attention of a trusted adult caregiver. 1.B.1.4

5 Shows progress in turn-taking ability. 1.B.1.5

6 With adult guidance, uses materials and equipment purposefully and safely. 1.B.1.6

7 Begins to notice the cause and effect of own actions. 1.B.1.7

8 Develops listening skills with intentional adult instruction and support.(e.g., teaching children that listening can look like giving their attention to others or events in various ways). 1.B.1.8

2 46-60 months End of Preschool Standards 1.B.2

1 Expresses wants, thoughts, needs, and feelings through various methods of communication. 1.B.2.1

2 Seeks adult support and engages in finding solutions to resolve conflict with peers. 1.B.2.2

3 With support, listens to instructions before beginning an activity. 1.B.2.3

4 With support, demonstrates an understanding of developmentally appropriate rules and routines. 1.B.2.4

5 With support, demonstrates the ability to follow developmentally appropriate rules and routines. 1.B.2.5

6 Shows progress in sharing materials with others. 1.B.2.6

7 Waits for their turn in simple game or use of equipment. 1.B.2.7

8 Demonstrates understanding of cause and effect of own actions. 1.B.2.8

9 Shows beginning ability to co-regulate emotions and behaviors with a trusted, regulated adult. 1.B.2.9

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c **Sympathy and Empathy** 1.C

1 34-48 months 1.C.1

1 Demonstrates a beginning ability to identify basic feelings of self and others in a variety of situations.(e.g., identifying that self or others feels happy, sad, or angry). 1.C.1.1

2 Demonstrates ability to be kind to self and others in a variety of situations. 1.C.1.2

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2 46-60 months End of Preschool Standards 1.C.2

1 Demonstrates empathy through comfort and care of others. (e.g., asking “Are you okay?” or giving/requesting a hug or high-five). 1.C.2.1

2 Labels emotions of self and others, with support. 1.C.2.2

3 Asks “what” and “why” questions to understand the effects of behavior. 1.C.2.3

4 Shows progress in expressing feelings, needs, and opinions, in difficult situations such as conflicts, without harming self, others, or property. 1.C.2.4

d Adapting to Diverse Settings 1.D

1 34-48 months 1.D.1

1 Explores objects and materials and interacts with others in a variety of new settings. 1.D.1.1

2 Begins to demonstrate ability to be flexible or adjust to routine or unexpected changes including physical setting, daily schedule, staffing and group size/ attendance. 1.D.1.2

2 46-60 months End of Preschool Standards 1.D.2

1 Demonstrates ability to be flexible and adjust to routine or unexpected changes, including physical setting, daily schedule, staffing and group size/attendance, with adult support. 1.D.2.1

2 Given prior notice (e.g., with a visual schedule or verbal/ nonverbal adult cues), adjusts to changes from one activity/setting to the next. 1.D.2.2

3 Anticipates, with assistance, what will be needed in diverse settings. 1.D.2.3

4 Follows rules in new or diverse settings. 1.D.2.4

Social Development: a child’s ability to create and sustain meaningful relationships with adults and other children. 2

a Building Relationships with Others 2.A

1 34-48 months 2.A.1

1 Separates from adults in familiar settings, with assistance. 2.A.1.1

2 Approaches others for assistance when needed. 2.A.1.2

3 Offers to assist others. 2.A.1.3

4 Expresses affection for others. 2.A.1.4

5 Follows guidance for behavior in different environments. 2.A.1.5

6 Identifies known safety roles and distinguishes between trusted and unknown adults. 2.A.1.6

7 Engages in parallel play (i.e., plays next to or near others without trying to influence the play or behavior of others). 2.A.1.7

8 Engages in interactive play with others. 2.A.1.8

9 Leads or participates in cooperative play with others 2.A.1.9

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2 46-60 months End of Preschool Standards 2.A.2

1 Asks questions and checks with an adult as needed while exploring their environment. 2.A.2.1

2 Seeks help when needed for emotional support. 2.A.2.2

3 Shares information with at least one trusted person. 2.A.2.3

4 Works independently. 2.A.2.4

5 Works cooperatively with others to plan, create, and organize activities during play and solve problems as they arise. 2.A.2.5

6 Participates in group activities. 2.A.2.6

7 Uses different turn-taking strategies (e.g., trading, setting a timer, etc.). 2.A.2.7

8 Shows an increased ability to be friendly and flexible in play and to work cooperatively to resolve conflicts with peers. 2.A.2.8

9 Shows or communicates care or concern for others. 2.A.2.9

10 Makes friends with others. 2.A.2.10

11 Notices who is absent from a group setting. 2.A.2.11

12 Communicates wants and needs in a group setting. 2.A.2.12

13 Helps self and others when needed. 2.A.2.13

14 Knows and expresses self as a part of diverse groups. (e.g., family, preschool class, faith community, etc.). 2.A.2.14

15 Uses play to explore, practice, and understand social roles. 2.A.2.15

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b Respecting Similarities and Differences 2.B

1 34-48 months 2.B.1

1 Notices similarities and differences in others. 2.B.1.1

2 Develops relationships with others based upon shared experiences. 2.B.1.2

2 46-60 months End of Preschool Standards 2.B.2

1 Recognizes and discusses similarities and differences in others. 2.B.2.1

2 Notices that other children might communicate differently. (e.g., through nonverbal communication, different languages and/or dialects). 2.B.2.2

3 Begins to think about a situation from the point of view of others. 2.B.2.3