New York Prekindergarten Learning Standards

# Social and Emotional Learning

## SELF-AWARENESS AND SELF-MANAGEMENT SKILLS

**1 Regulates responses to needs, feelings and events** PK.SEL.1

- a Expresses feelings, needs, opinions and desires in a way that is appropriate to the situation PK.SEL.1.A
- b Appropriately names types of emotions (e.g., happy, excited, sad) and associates them with different words and behaviors PK.SEL.1.B
- c Demonstrates an ability to independently modify behavior in different situations PK.SEL.1.C

**2 Recognizes self as an individual having unique abilities, characteristics, feelings and interests** PK.SEL.2

- a Describes self, using several different characteristics PK.SEL.2.A
- b Identifies self as being part of a family and identifies being connected to at least one significant adult PK.SEL.2.B
- c Demonstrates knowledge of own uniqueness (e.g., talent, interests, preferences, gender, culture, etc.) PK.SEL.2.C
- d Exhibits self-confidence by attempting new tasks independent of prompting or reinforcement PK.SEL.2.D
- e Identifies the range of feelings one experiences over time and that feelings can change PK.SEL.2.E
- f Identifies likes and dislikes, needs and wants, strengths and challenges PK.SEL.2.F
- g Exhibits confidence and pride in home language and culture PK.SEL.2.G

## SOCIAL AWARENESS AND RELATIONSHIPS WITH OTHERS

**3 Demonstrates and continues to develop positive relationships with signifcant adults (primary caregivers, teachers, and other familiar adults)** PK.SEL.3

- a Interacts with significant adults PK.SEL.3.A
- b Seeks guidance from primary caregivers, teachers and other familiar adults PK.SEL.3.B
- c Transitions into unfamiliar setting with the assistance of familiar adults PK.SEL.3.C

**4 Develops positive relationships with their peers** PK.SEL.4

- a Approaches children already engaged in play PK.SEL.4.A
- b Interacts with other children (e.g., in play, conversation, etc.) PK.SEL.4.B
- c Shares materials and toys with other children PK.SEL.4.C

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d Sustains interactions by cooperating, helping, and suggesting new ideas for play PK.SEL.4.D

e Develops friendship with one or more peers PK.SEL.4.E

f Offers support to another child or shows concern when a peer appears distressed PK.SEL.4.F

**5 Demonstrates pro-social problem-solving skills in social interactions** PK.SEL.5

a Seeks input from others about a problem PK.SEL.5.A

b Uses multiple pro-social strategies to resolve confiicts (e.g., trade, take turns, problem solves) PK.SEL.5.B

c Uses and accepts compromise; with assistance PK.SEL.5.C

**DECISION-MAKING SKILLS**

**6 Understands and follows routines and rules** PK.SEL.6

a Displays an understanding of the purpose of rules PK.SEL.6.A

b Engages easily in routine activities (e.g., story time, snack time, circle time) PK.SEL.6.B

c Uses materials purposefully, safely and respectfully as set by group rules PK.SEL.6.C

d With assistance, understands that breaking rules has a consequence PK.SEL.6.D

e Applies rules in new, but similar situations PK.SEL.6.E

f Demonstrates the ability to create new rules for different situations PK.SEL.6.F

**ADAPTABILITY**

**7 Adapts to change** PK.SEL.7

a Easily separates themselves from parent or caregiver PK.SEL.7.A

b Transitions, with minimal support, between routine activities and new/unexpected occurrences PK.SEL.7.B

c When appropriate, adjusts behavior for diferent settings and/or events PK.SEL.7.C

d Uses multiple adaptive strategies to cope with change (e.g., seeking social support from an adult or peer, taking deep breaths, engaging in another activity) PK.SEL.7.D