

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](#)
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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](#)
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SOCIAL AWARENESS AND RELATIONSHIPS WITH OTHERS

3 Demonstrates and continues to develop positive relationships with significant 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
- 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 conflicts (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 different 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