Social Emotional Competencies: Early Gr. 3-5

SELF-AWARENESS: PERSONAL QUALITIES AND/OR TRAITS SEMO.1

1 **Distinguishes range of emotions** SEMO.1.E1

2 **Uses age-appropriate language to talk about one's feelings** SEMO.1.E2

3 **Describes physical responses to emotions** SEMO.1.E3

4 **Recognizes and discusses how emotions are linked to behavior** SEMO.1.E4

5 **Describes socially acceptable ways to express emotions** SEMO.1.E5

6 **Identifies feelings associated with having different hearing abilities** SEMO.1.E6

7 **Identifies descriptors often assigned to individuals with hearing loss, e.g. Deaf, DeafBlind, hard of hearing, limited hearing, unilateral loss, etc.** SEMO.1.E7

8 **Demonstrates positive attitude toward self as a unique person with differing hearing abilities** SEMO.1.E8

9 **Practices positive self-talk** SEMO.1.E9

10 **Discusses unique aspects of growing up as a child who is deaf or hard of hearing (growing up in a deaf, hard of hearing, or hearing family/peer group)** SEMO.1.E10

11 **Identifies needs of deaf or hard of hearing child within a family, the school, and/or the community (e.g. communication, rules, respect, behavior, participation)** SEMO.1.E11

12 **Describes personal qualities/skills possessed and interests one wants to develop** SEMO.1.E12

13 **Explains how family members, peers, school personnel and community members can be used to support school success and responsible behavior** SEMO.1.E13

SELF-MANAGEMENT SEMO.2

1 **Uses self-monitoring to regulate emotions** SEMO.2.E1

2 **Demonstrates ways to increase positive emotions** SEMO.2.E2

Uses positive self-talk for motivation SEMO.2.E3

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	4 Makes choices about how and when to express emotions SEMO.2.E4
	5 Demonstrates skills for handling pressure situations (e.g. calm down, walk away, seek help, brain breaks, delay response) SEMO.2.E5
	6 Demonstrates an ability to express own perspective SEMO.2.E6
	7 Identifies personal strengths and challenges SEMO.2.E7
	8 Demonstrates use of coping strategies SEMO.2.E8
	9 Describes things that one can and cannot control SEMO.2.E9
	10 Explains the differences between fixed and growth mindsets SEMO.2.E10
	11 With prompting, identifies and practices strategies to reduce conflict SEMO.2.E11
SOCIAL AWARENESS SEMO.3	1 Identifies verbal, physical, and situational cues that indicate how others may feel SEMO.3.E1
	2 Describes the expressed feelings and perspectives of others SEMO.3.E2
	3 Demonstrates respect for differences SEMO.3.E3
	4 Continues to expand vocabulary and responses appropriate for social situations (meanings) SEMO.3.E4
	5 Understands the rules of conversation SEMO.3.E5
	6 Explains what effective communication looks like and sounds like SEMO.3.E6
	7 Demonstrates appropriate communication repair strategies SEMO.3.E7
RELATIONSHIP SKILLS SEMO.4	1 Adapts attention getting behaviors to setting or to person (e.g. at recess versus during instruction, a friend vs. an adult) SEMO.4.E1
	2 Explains what effective communication looks like and sounds like SEMO.4.E2
	3 Signals to others when it is their turn to speak by asking questions, pausing, and looking or giving other cues SEMO.4.E3
	4 Ends conversations appropriately SEMO.4.E4
	5 Develops understanding that there are formal and informal social expectations (e.g. using a first name sign rather than Mrs. Smith [informal] while using full name when identifying in writing [formal]) SEMO.4.E5
	6 Develops awareness that social cues may be different among various groups (e.g. family, Deaf Community, peers) SEMO.4.E6

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	7 Describes approaches for making and keeping friends SEMO.4.E7
	8 Gives and receives compliments in a genuine manner SEMO.4.E8
	9 Demonstrates good sportsmanship SEMO.4.E9
	10 Demonstrates behaviors and language associated with cooperation SEMO.4.E10
	11 Identifies peer pressure/acceptance SEMO.4.E11
	12 Recognizes the personal boundaries of self and others (e.g. friends, family members, teachers) SEMO.4.E12
	13 Demonstrates awareness of unique cultural aspect of individuals who are deaf or hard of hearing as opposed to individuals who are hearing SEMO.4.E13
DECISION MAKING SEMO.5	1 Describes the steps of a decision making model SEMO.5.E1
	2 Practices decision making with assistance and independently, depending on the situation SEMO.5.E2
	3 Effectively participates in group decision making processes SEMO.5.E3
	4 Implements "stop, think, and do" strategies in problem solving SEMO.5.E4