Social Emotional Competencies: Emerging Pre-K-2

SELF-AWARENESS: PERSONAL QUALITIES AND/OR TRAITS SEMO.1	1	**Recognizes own name and name sign** SEMO.1.EM1
	2	**Identifies one's likes, dislikes, needs, wants, strengths, and challenges** SEMO.1.EM2
	3	**Identifies self as hard of hearing or deaf** SEMO.1.EM3
	4	**Recognizes and labels emotions/feelings** SEMO.1.EM4
	5	**Describes situations that cause various emotions (e.g. birthday party, someone taking your toy)** SEMO.1.EM5
	6	**Begins to build positive sense of self (confidence)** SEMO.1.EM6
	7	**Begins to use language for positive self-talk** SEMO.1.EM7
SELF-MANAGEMENT SEMO.2	1	**Practices/models ways to calm self when prompted** SEMO.2.EM1
	2	**Demonstrates constructive ways to deal with upsetting emotions when prompted** SEMO.2.EM2
	3	**Walks/away removes self from an emotional event** SEMO.2.EM3
	4	**Demonstrates ability to substitute appropriate behaviors for less desirable ones, with prompts, practice** SEMO.2.EM4
	5	**Adjusts to new/novel situations** SEMO.2.EM5
	6	**Learns & demonstrates turn-taking, waiting, sharing** SEMO.2.EM6
	7	**Develops sense of autonomy by solving everyday problems without adult intervention, e.g. "I can do it myself"** SEMO.2.EM7
SOCIAL AWARENESS SEMO.3	1	**Recognizes needs or wants of others based on facial expressions and body language** SEMO.3.EM1
		Recognizes words and actions that hurt others SEMO.3.EM2

Skip to main content

	3 Substitutes negative/hurtful communications with positive interactions when prompted SEM0.3.EM3
	4 Uses simple responses to others' emotions, e.g. "thank you", "sorry", "help" SEM0.3.EM4
RELATIONSHIP SKILLS SEM0.4	1 Recognizes needs or wants of others based on facial expressions and body language SEM0.4.EM1
	2 Recognizes communication breakdown SEM0.4.EM2
	3 Uses appropriate attention getting behaviors (e.g. voice, tapping table or tapping teacher and/or peer's shoulder to get attention without repeating multiple times) SEM0.4.EM3
	4 Understands the importance of personal space SEM0.4.EM4
	5 Engages in play with others (e.g. introduces self, asks permission, joins in, and invites others to join in) SEM0.4.EM5
	6 Waits and/or takes turn, observes the situation and knows when it's appropriate to respond (e.g. urgent need to interrupt versus sharing idea or asking questions) SEM0.4.EM6
	7 Demonstrates etiquette (use please, thank you, excuse me) SEM0.4.EM7
	8 Uses appropriate actions and language for sharing SEM0.4.EM8
	9 Identifies friend(s) by name/name signs SEM0.4.EM9
	10 Produces an appropriate response to feelings and perspectives of others SEM0.3.ADV2
DECISION MAKING SEM0.5	1 Makes a choice based on preferences/interests SEM0.5.EM1
	2 Chooses and becomes involved in one activity out of several options SEM0.5.EM2
	3 Explores cause and effect (what ifs) SEM0.5.EM3
	4 Recognizes response choices in a situation SEM0.5.EM4