Kindergarten

Emotions and Self-Regulation	**Children express a range of emotions and regulate their emotional and social responses** 1 Attend to and complete activity with minimal distraction 2 Focus on a self-selected activity or task to completion 3 Recognize how own actions affect others 4 Manage feelings and social situations with greater independence 5 Seek help, clarification, and permission from teachers or other adults 6 Resolve some simple conflict through problem solving and negotiation prior to seeking adult help 7 Apply some basic relaxation techniques e.g., 'mountain breathing' 8 Engage in more structured large and small group activities
Self-Awareness	**Children demonstrate an awareness of own personal characteristics, skills and abilities** 1 Recognize how own actions affect others 2 Manage feelings and social situations with greater independence 3 Report to friends or adult about a family or a cultural tradition 4 Demonstrate the ability to allow for own personal space and respect others space 5 Offer to help younger children do things they can't do for themselves 6 Identify self within the context of family, school and community (e.g., big brother, friend, neighbor)
Relationships with Adults and Peers	**Children develop healthy positive relationships with adults and peers** Builds Trust with Adult 1 Solicit help from adults to accomplish challenging tasks 2 Respond to and question adult directives for greater understanding 3 Engage in reciprocal conversation with familiar adults 4 Build trust with adults; engages with trusted adults as resource and to share mutual interests

Skip to main content

Developing social skills

5 Initiate, join and sustain positive interactions with small group of 2 -3 children

6 Engage in cooperative learning activities to complete a task

7 Play cooperatively with 3 or 4 others for sustained periods of time

8 Express themselves in new settings

9 Engage in games and activities that require adherence to rules

10 Initiate sharing and turn taking when appropriate

11 Respect others' differences in comparison to self

12 Recognize positive qualities in others

13 Invite others to join a group

14 Identify friends on the basis of proximity and frequency of interaction