

Kindergarten

Self-Awareness

SeA1:Ka. I can name basic emotions. SEA1:KA

SeA1:Kb. I can classify emotions as either comfortable or uncomfortable. SEA1:KB

SeA1:Kc. I can be aware of how my body feels when I have different emotions. SEA1:KC

SeA2:Ka. I can list things I do well (strengths) and things I like (interests). SEA2:KA

SeA2:Kb. I can recognize when things are hard for me and that it is okay to make mistakes, or ask for help. SEA2:KB

SeA2:Kc. I can identify a value/something important to me. SEA2:KC

SeA2:Kd. I can recognize how I have similarities with others as well as how I am unique. SEA2:KD

Self-Management

SeM1: Ka. I can use verbal and nonverbal language to communicate different emotions. SEM1: KA

SeM1: Kb. I can identify strategies that allow me to stay calm. SEM1: KB

SeM1: Kc. I can define and identify a time when I showed courage and perseverance. SEM1: KC

SeM2: Ka. I can describe something I have accomplished. SEM2: KA

SeM2: Kb. I can identify a personal or academic goal. SEM2: KB

SeM2: Kc. I can work independently and ask for help when needed. SEM2: KC

Social Awareness

SoA1: Ka. I can recognize the feelings and strengths of others. SOA1: KA

SoA1: Kb. I can identify and value similarities and differences in abilities, cultures, traditions and beliefs. SOA1: KB

SoA1: Kc. I can explain why I am grateful for someone or something in my life. SOA1: KC

SoA2: Ka. I can explain why something is fair or unfair. SOA2: KA

Relationship Skills

ReS1: Ka. I can be considerate of others by taking turns, sharing; and using compliments to encourage others. RES1: KA

ReS1: Kb. I can name the actions of an active listener. RES1: KB

ReS1: Kc. I can recognize when I can solve a problem on my own or when I need adult support. RES1: KC

ReS1: Kd. I can identify situations that are unkind or unfair. RES1: KD

ReS2: Ka. I can name the actions of a helpful teammate or group member. RES2: KA

ReS2: Kb. I can understand that everyone has a need for personal space. RES2: KB

Decision Making

DeM1: Ka. I can describe a problem. DEM1: KA

DeM1: Kb. I can recognize there may be more than one way to solve a problem. DEM1: KB

DeM1: Kc. I can describe that all actions have outcomes. DEM1: KC

DeM1: Ka. I can describe how I want to be treated. DEM1: KA

DeM1: Kb. I can feel good about myself by showing kindness towards others. DEM1: KB