Virginia Social Emotional Learning Guidance Standards

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