

# Social Emotional Competencies: Emerging Pre-K-2

## SELF-AWARENESS: PERSONAL QUALITIES AND/OR TRAITS SEM0.1

- 1 Recognizes own name and name sign SEM0.1.EM1
- 2 Identifies one's likes, dislikes, needs, wants, strengths, and challenges SEM0.1.EM2
- 3 Identifies self as hard of hearing or deaf SEM0.1.EM3
- 4 Recognizes and labels emotions/feelings SEM0.1.EM4
- 5 Describes situations that cause various emotions (e.g. birthday party, someone taking your toy) SEM0.1.EM5
- 6 Begins to build positive sense of self (confidence) SEM0.1.EM6
- 7 Begins to use language for positive self-talk SEM0.1.EM7

## SELF- MANAGEMENT SEM0.2

- 1 Practices/models ways to calm self when prompted SEM0.2.EM1
- 2 Demonstrates constructive ways to deal with upsetting emotions when prompted SEM0.2.EM2
- 3 Walks/away removes self from an emotional event SEM0.2.EM3
- 4 Demonstrates ability to substitute appropriate behaviors for less desirable ones, with prompts, practice SEM0.2.EM4
- 5 Adjusts to new/novel situations SEM0.2.EM5
- 6 Learns & demonstrates turn-taking, waiting, sharing SEM0.2.EM6
- 7 Develops sense of autonomy by solving everyday problems without adult intervention, e.g. "I can do it myself" SEM0.2.EM7

## SOCIAL AWARENESS SEM0.3

- 1 Recognizes needs or wants of others based on facial expressions and body language SEM0.3.EM1
- 2 Recognizes words and actions that hurt others SEM0.3.EM2

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**3 Substitutes negative/hurtful communications with positive interactions when prompted** SEMO.3.EM3

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**4 Uses simple responses to others' emotions, e.g. "thank you", "sorry", "help"** SEMO.3.EM4

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**RELATIONSHIP SKILLS** SEMO.4

**1 Recognizes needs or wants of others based on facial expressions and body language** SEMO.4.EM1

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**2 Recognizes communication breakdown** SEMO.4.EM2

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**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)** SEMO.4.EM3

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**4 Understands the importance of personal space** SEMO.4.EM4

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**5 Engages in play with others (e.g. introduces self, asks permission, joins in, and invites others to join in)** SEMO.4.EM5

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**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)** SEMO.4.EM6

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**7 Demonstrates etiquette (use please, thank you, excuse me)** SEMO.4.EM7

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**8 Uses appropriate actions and language for sharing** SEMO.4.EM8

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**9 Identifies friend(s) by name/name signs** SEMO.4.EM9

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**10 Produces an appropriate response to feelings and perspectives of others** SEMO.3.ADV2

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**DECISION MAKING** SEMO.5

**1 Makes a choice based on preferences/interests** SEMO.5.EM1

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**2 Chooses and becomes involved in one activity out of several options** SEMO.5.EM2

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**3 Explores cause and effect (what ifs)** SEMO.5.EM3

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**4 Recognizes response choices in a situation** SEMO.5.EM4

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