



SEL - Kindergarten

Vocabulary

accident
 appropriate
 impatient
 attention
 behavior
 calm
 care
 on purpose
 choice
 relaxed
 comfortable
 difference
 similar

Typical Skills

- Identify likes and dislikes
- Recognize and label emotions
- List the traits of a good friend
- Express how they feel about others
- Identify relationships with others
- Recognize words and actions that hurt others
- Identify a trusted adult

Home Connections

- Label your likes and dislikes and explain why
- Label your own feelings (happy, sad, mad) and strategies you use to manage your emotions
- Name the emotions of characters in stories, TV shows, and movies
- Provide opportunities for your child to make small choices throughout their day
- Provide structure for your child by building routines for day to day activities
- Model self-talk when you are frustrated

Eyes Open

Your child may need some extra support if you see the following:

- Trouble sleeping
- Persistent nightmares
- Excessive fear, worrying or crying
- Lots of temper tantrums
- Extreme disobedience or aggression

Links & Resources

- [Parent Toolkit](https://goo.gl/v7Kx32) (https://goo.gl/v7Kx32)
- [Second Step](https://goo.gl/92Xh7X) (https://goo.gl/92Xh7X)
- [CASEL](https://casel.org/) (https://casel.org/)

Priority Benchmarks

Recognize and accurately label the emotions of happy, sad, afraid/scared, surprised, and angry/mad.

Identify ways to be helpful toward others.

With support, make positive choices when interacting with classmates.

Self-awareness. Self-management. Responsible decision making. Relationship skills. Social awareness.