

# Social and Emotional Development

## Self-Awareness 1

### a Develops and expands understanding of oneself as a unique person. 1.A

- 1 Shows awareness of self and other people. 1.A.1
- 2 Begins to understand self as a separate person from others. 1.A.2
- 3 Recognizes self as a unique person with distinct characteristics. 1.A.3
- 4 Shows awareness of self as belonging to one or more groups. 1.A.4
- 5 Compares own characteristics to those of others. 1.A.5
- 6 Identifies the diversity in human characteristics and how people are similar and different. 1.A.6
- 7 Appreciates similarities and differences between self and others. 1.A.7

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### b Develops understanding of emotions. 1.B

- 1 Demonstrates a variety of emotions through facial expressions, gestures, movement, and/or sounds. 1.B.1
- 2 Expresses a variety of emotions nonverbally and possibly with a few familiar words. 1.B.2
- 3 Begins to show awareness of own emotions in order to meet needs or wants, both verbally and nonverbally. 1.B.3
- 4 Recognizes and identifies own emotions and the emotions of others. 1.B.4

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## Self-Regulation 2

### a Begins to manage emotions and actions. 2.A

- 1 Expresses and acts on impulses. 2.A.1
  - 2 Comforts self through a variety of means, including seeking help from a familiar adult. 2.A.2
  - 3 Accepts limits and choices offered by adults to help guide behavior. 2.A.3
  - 4 Manages actions and emotional expressions. 2.A.4
  - 5 Uses senses to regulate reactions and focus. 2.A.5
  - 6 Demonstrates the ability to delay gratification for short periods of time. 2.A.6
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## Social Awareness 3

### a Develops empathy toward and understanding of others. 3.A

- 1 Reacts to emotional expressions of others. 3.A.1
  - 2 Demonstrates understanding what others may feel. 3.A.2
  - 3 Responds in caring ways to the distress and thinking of others. 3.A.3
  - 4 Empathizes with and understands the perspectives of others. 3.A.4
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## Relationship Skills 4

### a Develops secure, trusting relationships with adults. 4.A

- 1 Responds differently to familiar and unfamiliar adults. 4.A.1
  - 2 Expresses emotions and engages in back-and-forth interactions with familiar adults. 4.A.2
  - 3 Initiates interactions with familiar adults and seeks close proximity to familiar adults. 4.A.3
  - 4 Separates from familiar adults in a familiar setting with minimal distress. 4.A.4
  - 5 Seeks help from trusted adults when needed. 4.A.5
  6. Interacts readily with trusted adults and begins to engage in some positive interactions with less familiar adults. 4.A.6
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### b Develops socially competent behaviors with peers. 4.B

- 1 Shows interest in other children. 4.B.1
  - 2 Repeats actions that elicit social responses from others. 4.B.2
  - 3 Participates in simple back-and-forth interactions with peers for a short period of time. 4.B.3
  - 4 Engages in simple associative and cooperative play with peers. 4.B.4
  - 5 Interacts with peers in more complex play including planning, pretending, coordination of roles and cooperation. 4.B.5
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### c Develops ability to use simple strategies to resolve conflicts with peers. 4.C

- 1 Reacts to conflict. 4.C.1
- 2 Expresses feelings in a conflict situation through actions. 4.C.2
- 3 Identifies and communicates needs in a conflict situation. 4.C.3
- 4 Uses a variety of simple strategies to resolve conflict with peers. 4.C.4