

Social Emotional Competencies: Early Gr. 3-5

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

- 1 Distinguishes range of emotions SEM0.1.E1
- 2 Uses age-appropriate language to talk about one's feelings SEM0.1.E2
- 3 Describes physical responses to emotions SEM0.1.E3
- 4 Recognizes and discusses how emotions are linked to behavior SEM0.1.E4
- 5 Describes socially acceptable ways to express emotions SEM0.1.E5
- 6 Identifies feelings associated with having different hearing abilities SEM0.1.E6
- 7 Identifies descriptors often assigned to individuals with hearing loss, e.g. Deaf, DeafBlind, hard of hearing, limited hearing, unilateral loss, etc. SEM0.1.E7
- 8 Demonstrates positive attitude toward self as a unique person with differing hearing abilities SEM0.1.E8
- 9 Practices positive self-talk SEM0.1.E9
- 10 Discusses unique aspects of growing up as a child who is deaf or hard of hearing (growing up in a deaf, hard of hearing, or hearing family/peer group) SEM0.1.E10
- 11 Identifies needs of deaf or hard of hearing child within a family, the school, and/or the community (e.g. communication, rules, respect, behavior, participation) SEM0.1.E11
- 12 Describes personal qualities/skills possessed and interests one wants to develop SEM0.1.E12
- 13 Explains how family members, peers, school personnel and community members can be used to support school success and responsible behavior SEM0.1.E13

SELF-MANAGEMENT SEM0.2

- 1 Uses self-monitoring to regulate emotions SEM0.2.E1
- 2 Demonstrates ways to increase positive emotions SEM0.2.E2
- 3 Uses positive self-talk for motivation SEM0.2.E3

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- 4 **Makes choices about how and when to express emotions** SEM0.2.E4

 - 5 **Demonstrates skills for handling pressure situations (e.g. calm down, walk away, seek help, brain breaks, delay response)** SEM0.2.E5

 - 6 **Demonstrates an ability to express own perspective** SEM0.2.E6

 - 7 **Identifies personal strengths and challenges** SEM0.2.E7

 - 8 **Demonstrates use of coping strategies** SEM0.2.E8

 - 9 **Describes things that one can and cannot control** SEM0.2.E9

 - 10 **Explains the differences between fixed and growth mindsets** SEM0.2.E10

 - 11 **With prompting, identifies and practices strategies to reduce conflict** SEM0.2.E11
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**SOCIAL
AWARENESS** SEM0.3

- 1 **Identifies verbal, physical, and situational cues that indicate how others may feel** SEM0.3.E1

 - 2 **Describes the expressed feelings and perspectives of others** SEM0.3.E2

 - 3 **Demonstrates respect for differences** SEM0.3.E3

 - 4 **Continues to expand vocabulary and responses appropriate for social situations (meanings)** SEM0.3.E4

 - 5 **Understands the rules of conversation** SEM0.3.E5

 - 6 **Explains what effective communication looks like and sounds like** SEM0.3.E6

 - 7 **Demonstrates appropriate communication repair strategies** SEM0.3.E7
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**RELATIONSHIP
SKILLS** SEM0.4

- 1 **Adapts attention getting behaviors to setting or to person (e.g. at recess versus during instruction, a friend vs. an adult)** SEM0.4.E1

- 2 **Explains what effective communication looks like and sounds like** SEM0.4.E2

- 3 **Signals to others when it is their turn to speak by asking questions, pausing, and looking or giving other cues** SEM0.4.E3

- 4 **Ends conversations appropriately** SEM0.4.E4

- 5 **Develops understanding that there are formal and informal social expectations (e.g. using a first name sign rather than Mrs. Smith [informal] while using full name when identifying in writing [formal])** SEM0.4.E5

- 6 **Develops awareness that social cues may be different among various groups (e.g. family, Deaf Community, peers)** SEM0.4.E6

7 Describes approaches for making and keeping friends SEM0.4.E7

8 Gives and receives compliments in a genuine manner SEM0.4.E8

9 Demonstrates good sportsmanship SEM0.4.E9

10 Demonstrates behaviors and language associated with cooperation SEM0.4.E10

11 Identifies peer pressure/acceptance SEM0.4.E11

12 Recognizes the personal boundaries of self and others (e.g. friends, family members, teachers) SEM0.4.E12

13 Demonstrates awareness of unique cultural aspect of individuals who are deaf or hard of hearing as opposed to individuals who are hearing SEM0.4.E13

**DECISION
MAKING** SEM0.5

1 Describes the steps of a decision making model SEM0.5.E1

2 Practices decision making with assistance and independently, depending on the situation SEM0.5.E2

3 Effectively participates in group decision making processes SEM0.5.E3

4 Implements "stop, think, and do" strategies in problem solving SEM0.5.E4
