

SEL - First Grade

Vocabulary 🍰

communication community compassion contribute disappoint distraction fair frustrate ignore invite negative positive problem safety Situation Strength Worry

Typical Skills

- Describe emotions and situations that trigger them
- Identify relationships with others
- Identify Ways to calm self
- Predict how others are feeling based on their facial expressions
- Express how they feel about others
- Recognize that emotions are linked to behaviors

Home Connections



- Provide increased opportunities for your child to make choices throughout their day
- Set small goals (wishes) for the day
- Establish rules and provide explanations for the rules (e.g., you need to hold my hand when we cross the street so you do not get hurt)
- Create opportunities for your child to contribute to the household by assigning chores
- Practice turn-taking by playing games

Eyes Open 🧿



Priority Benchmarks

With prompting and support, recognize strong feelings and identify ways to calm oneself.

With prompting and support, explore different strategies to manage feelings and behavior.

With support, identify approaches to resolving conflicts constructively.

With support, iac.

conflicts con.

With support, make positive c.

when interacting with classmates.

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)
- Second Step (https://goo.gl/92Xh7X)
- CASEL (https://casel.org/)

SEL-EBRATING STUDENTS IN 203