



# SEL - Second Grade

## Vocabulary

admit  
 annoyed  
 anxious  
 apologize  
 assertive  
 blame  
 challenge  
 concentrate  
 confident  
 conflict  
 decision  
 exasperated  
 firm  
 guilty  
 impulsive  
 make amends  
 strategy

## Typical Skills

- Describe things they do well
- Identify situations when they need to seek a trusted adult (i.e. small and big problems)
- Walk away and remove self from a triggering event
- Recognize others may experience situations differently from oneself
- Identify how they help others
- Describe ways people are similar and different
- Recognize everyone makes mistakes

## Home Connections

- Reinforce your child when they use a strategy to manage their emotions (e.g., walking away from a situation)
- Set small goals (wishes) for the week and develop a plan together for making them happen
- Establish rules and provide explanations for the rules (i.e. 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

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

Demonstrate control of impulsive behavior.

Use listening skills to identify the feelings of others.

Demonstrate appropriate social and classroom behavior.

Identify approaches to resolving conflicts constructively.

Make positive choices when interacting with classmates.



*SEL-CELEBRATING STUDENTS IN 2023*