

9 SOCIAL-EMOTIONAL SKILLS PRESCHOOLERS NEED

Gaining a positive self-image and strong interpersonal skills early on helps children succeed in elementary school and beyond.

1. Self-Identity

Being aware of their individuality and the characteristics that contribute to it, such as gender, ethnicity, culture, and abilities.



"I am a fast runner."
"I have curly hair."
"I like the color red the best."

fast

2. Sense of Competence

Feeling they can be successful as they learn new things, solve problems, and gain new skills. Knowing they can ask for help when they need it.

"I'm really good at puzzles."
"I can do it myself!"
"I don't know how. Can you help me?"

3. Emotions

Identifying and naming their emotions, regulating the expression of their feelings, and recognizing that others have feelings that may be the same as, or different from, their own.



"I don't like it when the classroom is noisy."
"I'm frustrated—my blocks keep falling over."

4. Empathy

Responding with empathy by recognizing the feelings of others and drawing on their own experiences.



"The puppy is crying. Maybe he's hungry."
"Are you okay? Do you need a Band-Aid?"



5. Community

Acting as members of the classroom community, participating in routines, cooperating with social expectations, and sharing responsibility for the classroom.



"I hung up my coat."
"It's time to clean up!"
"This wheel is broken. Let's fix it!"

Hello

6. Building Relationships

Relating to their peers and teachers, calling classmates by name, seeking out others, and engaging in give-and-take interactions.

"Will you play house with me?"
"Sarah isn't here today."



7. Cooperative Play

Involving peers and adults in their play by sharing materials, space, conversation, and ideas.

"Do you want a ride in my wagon?"
"Juan and I are building a Lego rocket ship."

8. Moral Development

Developing an internal sense of right and wrong.



"I only took three crackers so you could have some too."
"You can't take toys away from kids. You have to ask first."

9. Conflict Resolution

Resolving playtime problems by identifying the problem, offering suggestions and listening to others' ideas, and choosing a solution that is agreeable to all.



"We decided to take turns on the swing."
"Javier and I both want the blocks, so we are going to share."