

# 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

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

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

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

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

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

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

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  - 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

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

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

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

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

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

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  - 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

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

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

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

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- 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

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

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

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

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**9 Demonstrates good sportsmanship** SEM0.4.E9

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

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**11 Identifies peer pressure/acceptance** SEM0.4.E11

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

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**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

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**DECISION  
MAKING** SEM0.5

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

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

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

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

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