

Pre-K Social-Emotional Learning

Quick Reference Chart: Emotion Regulation Skills

Emotional Literacy

- Identifies one's own feelings.
- Expresses thoughts and feelings in words.
- Reads and understands others' emotions.
- Understands and respects differences people.

Emotion Regulation

- Separates from parents.
 - Calms down independently.
 - Takes a break when frustrated.
 - Talks to adult when upset.
 - Reads accurately others' intentions.
 - Uses compromise and discussion to solve problems.
 - Expresses strong emotions constructively.
 - Handles disappointment.
 - Asks for help.
 - Shows empathy for others.
 - Has confidence.
 - Pays attention.
 - Accepts consequences.
 - Participates in classroom activities.
 - Tries new things.
 - Practices new skills.
 - Makes mistakes and tries again.
 - Persists.
 - Tolerates frustration.
 - Delays gratification.
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