

— NHS SEL Concepts PreK - Kindergarten —

CONCEPTS	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision-Making
	<p>Identifying and recognising emotions; recognising personal interests and strengths; maintaining a well-grounded sense of self-confidence</p>	<p>Regulating emotions to handle stress, control impulses, and motivating oneself to persevere in overcoming obstacles, setting and monitoring progress toward the achievement of personal and academic goals; expressing emotions appropriately</p>	<p>Being able to take the perspective of and empathise with others; recognising and appreciating individual and group similarities and differences</p>	<p>Establishing and maintaining healthy and rewarding relationships based on cooperation and resistance to inappropriate social pressure, preventing, managing, and constructively resolving interpersonal conflict; seeking help when needed</p>	<p>Making decisions based on a consideration of all relevant factors, including applicable ethical standards, safety concerns, and social norms; the likely consequences of taking alternative courses of action; evaluation and reflection</p>
<p>CLASSROOM APPLICATIONS</p>	<ul style="list-style-type: none"> • Modeling • Three P's: Position, Place, partner • Morning Meeting • Circle Time 	<ul style="list-style-type: none"> • I messages • Problem solving • Daily routine • Structured classroom • Clear expectations • Modeling 	<ul style="list-style-type: none"> • Read alouds • Verbal processing • Role modelling • Teach students to 	<ul style="list-style-type: none"> • Turn-taking • Sharing • Use words • Make choices • Ask your brain, ask your friends, 	<ul style="list-style-type: none"> • Class rules • Follow rules • Talk to children • Teachers are readily there to process with students

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	<ul style="list-style-type: none">• Assigning student jobs• Sharing Student work• Student of the day• Star of the week• Share “Scoop”	<ul style="list-style-type: none">• Role playing• Social stories/scripts• Sensory breaks	<p>label their emotions “I don’t like it when you do...”</p> <p>Students face each other, hold hands while verbalizing</p>	<p>ask your teacher</p> <ul style="list-style-type: none">• Rules• How to be a member of the classroom community• Problem-solving and teaching students to make good choices• Three P’s	<ul style="list-style-type: none">• Teach responsibility
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