

Behavior/Action
Using calming strategies to reduce stress or frustration.
Understanding a friend feels sad after losing a pet.
Returning an item found instead of keeping it.
Making eye contact to let the other person know you are listening.
Offering to help a classmate who needs extra help clean up.
Child can recognize their own emotions.
Controlling the urge to take the toy away from a friend
Sharing a toy by taking turns.
Asking for help when struggling with a puzzle.
Child feels proud when they build a tall tower.

Self-Awareness

Self-Regulation

**Social
Awareness**

**Relationship
Skills**

**Responsible
Decision
Making**