

# △ SOCIAL & EMOTIONAL DEVELOPMENT

**Social & Emotional Development** refers to the skills necessary to foster secure attachment with adults, maintain healthy relationships, regulate one's behavior and emotions, and develop a healthy concept of personal identity. Positive social and emotional development provides a critical foundation for lifelong development and learning. In early childhood, social and emotional well-being predicts favorable social, behavioral, and academic adjustment into middle childhood and adolescence. It helps children navigate new environments, facilitates the development of supportive relationships with peers and adults, and supports their ability to participate in learning activities. Children with emotional or behavioral challenges are likely to receive less adult support for development and learning and to be more isolated from peers. In the domain of Social & Emotional Development, programs need to ensure that children who are dual language learners can demonstrate their abilities, skills, and knowledge in any language, including their home language.

**KEY** △ = Domain ▶ = Domain Element • = Example

The domain elements for Social & Emotional Development for 3 to 5 year olds are:

## ▶ SOCIAL RELATIONSHIPS

The healthy relationships and interactions with adults and peers.

- Communicates with familiar adults and accepts or requests guidance.
- Cooperates with others.
- Develops friendships with peers.
- Establishes secure relationships with adults.
- Uses socially appropriate behavior with peers and adults, such as helping, sharing, and taking turns.
- Resolves conflict with peers alone and/or with adult intervention as appropriate.
- Recognizes and labels others' emotions.
- Expresses empathy and sympathy to peers.
- Recognizes how actions affect others and accepts consequences of one's actions.

## ▶ SELF-CONCEPT & SELF-EFFICACY

The perception that one is capable of successfully making decisions, accomplishing tasks, and meeting goals.

- Identifies personal characteristics, preferences, thoughts, and feelings.
- Demonstrates age-appropriate independence in a range of activities, routines, and tasks.

...Continued on next page

# △ SOCIAL & EMOTIONAL DEVELOPMENT

...Continued from previous page

- Shows confidence in a range of abilities and in the capacity to accomplish tasks and take on new tasks.
- Demonstrates age-appropriate independence in decision making regarding activities and materials.

## ► SELF-REGULATION

The ability to recognize and regulate emotions, attention, impulses, and behavior.

- Recognizes and labels emotions.
- Handles impulses and behavior with minimal direction from adults.
- Follows simple rules, routines, and directions.
- Shifts attention between tasks and moves through transitions with minimal direction from adults.

## ► EMOTIONAL & BEHAVIORAL HEALTH

A healthy range of emotional expression and learning positive alternatives to aggressive or isolating behaviors.

- Expresses a range of emotions appropriately, such as excitement, happiness, sadness, and fear.
- Refrains from disruptive, aggressive, angry, or defiant behaviors.
- Adapts to new environments with appropriate emotions and behaviors.

