



**Parent Toolkit**  
**CASEL**  
**Understood**

# SEL Kindergarten

## KCSD96

- Accurately label emotions.
- Share feelings in a range of contexts (e.g., speaking, writing, drawing, matching, pointing).
- Follow classroom rules/routines (transitions, preferred/non-preferred tasks, etc.) across settings (e.g., bus, classroom, lunch/recess, specials).
- Express frustration and anger effectively (without shutting down, running away) and without harming others, self, or property.
- Recognize acceptable methods to gain assistance.
- Recognize one's abilities and accomplishments, with adult support.
- Recognize that others may feel differently about the same situation.
- Demonstrate an ability to listen to others (e.g., making eye contact, nodding, asking clarifying questions, reading facial expressions) with adult prompting and support.
- Accept and interact with peers and adults with cultural variables different than themselves (e.g., age, race, ethnicity, shared interests, religion, and disability)
- Recognize that all people have similar needs
- Identify and demonstrate strategies to build positive relationships with others with adult prompting and support (e.g., sharing, positive nonverbal communication, using encouraging comments, listening, and/or using manners such as *please* and *thank you*).
- With adult prompting and support, identify and practice approaches to resolving conflicts constructively.
- Recognize that one has choices in how to respond to situations.



Vocabulary

**Expected Behavior**  
**Unexpected Behavior**  
**Similarities/ Differences**  
**Basic Feeling Words**  
*(happy, surprised, sad, angry, scared, excited tired)*  
**Strengths**  
**Goals**  
**Kindness**  
**Responsibility**  
**Respect**  
**Reactions**  
**Choices/Decisions**

- Label your likes and dislikes and explain why.
- Label your own feelings (happy, sad, mad) and strategies you use to manage your emotions.
- Name the emotions of characters in stories, TV shows, and movies. Point out when characters may have different feelings about the same event.
- Model self-talk when you are frustrated.



**Home Connections**