

## Social & emotional development



I can...

- ☐ Express my wants and needs with words
- ☐ Identify my own emotions
- ☐ Manage my emotions with some help
- ☐ Follow a predictable routine
- ☐ Take turns
- ☐ Share materials
- ☐ Approach and join a group of children
- ☐ Listen to others
- ☐ Separate from mom and dad easily
- ☐ Respect and care for others – recognize others' feelings, respect others' space, accept diversity



### My parents help by...

- Modeling the skills I need to manage my emotions – taking deep breaths, having time alone, staying calm
- Playing games with me that require taking turns
- Teaching me the names of my feelings
- Giving me a consistent routine
- Giving me opportunities to play with other children my age
- Giving me opportunities to go places with other adults to build my independence
- Teaching me to respect personal space

**More ideas online:**  
[greatstartlivingston.org](http://greatstartlivingston.org)



**Managing my emotions and relationships**