

Social-Emotional Skills Needed for Kindergarten Readiness

Recognize own feelings
Recognize others feelings
Use feeling words
Calm down
Follow directions
Follow rules
Pay attention
Focus on a task
Complete a task
Get along with others
Cooperate
Show sense of humor
Greet
Ask for help
Offer to help (help others)
Ask a peer to play
Organize play
Ask to join a play group

Invite a peer to join play group
Make up pretend play scenarios
Expand on a pretend play theme
Listen to others play ideas
Take turns listening and talking
Give ideas for play
Solve problems
Control impulses
Manage strong feelings (anger; frustration)
Take turns
Share
Apologize
Show kindness
Show empathy (comfort others)
Make choices
Choose not to play
Be able to say 'no' nicely (assertiveness)
Negotiate turns, roles, and materials
Making up games
Play games with rules