

PreK Social-Emotional Competencies & Learning Activities

Self-Awareness	Self-Regulation	Social Awareness	Relationship Skills	Responsible Decision-Making
Recognizing Emotions: Preschoolers can identify and name a wider range of emotions in themselves and others.	Coping Skills: Preschoolers start to use simple strategies to manage their emotions, such as deep breathing or asking for help.	Empathy and Understanding: Preschoolers show more empathy and understanding towards others' feelings and perspectives.	Cooperation and Sharing: Preschoolers can cooperate with peers, share toys, and take turns more effectively.	Making Choices: Preschoolers can make more informed choices and understand the consequences of their actions.
Expressing Emotions: They can express their emotions more verbally and begin to understand the causes and consequences of their feelings.	Following Rules and Routines: They are better at following classroom rules and routines, which helps them manage their behavior.	Respecting Differences: They become more aware of and respectful towards differences among people.	Conflict Resolution: They start to use simple conflict resolution strategies with the help of adults.	Problem-Solving: They start to solve simple problems independently or with minimal adult guidance.
Activities:				
Emotion Charts: Use charts with faces showing different emotions and have preschoolers point to or label the emotion they are feeling.	Breathing Exercises: Teach techniques like “balloon breathing” where they pretend to inflate and deflate a balloon with their breath.	Empathy Stories: Read books that highlight different emotions and discuss how characters might feel and why.	Cooperative Games: Engage in games that require teamwork, like building a tower together or completing a group puzzle.	Decision-Making Scenarios: Present scenarios and discuss possible solutions and their outcomes.
Feelings Journal: Encourage children to draw or write about their emotions daily, helping them reflect on their feelings.	Calm-Down Kits: Provide kits with items like stress balls, coloring sheets, and soft toys to help preschoolers calm down.	Cultural Celebrations: Celebrate different cultural holidays and traditions to promote understanding and respect for diversity.	Conflict Role-Playing: Act out common conflicts and guide children through resolving them peacefully.	Problem-Solving Stations: Set up stations with puzzles or challenges that require preschoolers to think critically and make decisions.

Additional Activities for PreK

Emotion Matching Games

Objective: Help preschoolers recognize and label their emotions.

Description: Create an emotion wheel with various emotions represented by pictures and words. Children can spin the wheel and discuss a time they felt that emotion. Examples:

Examples: A colorful wheel divided into sections for happiness, sadness, anger, surprise, etc.; Encouraging children to describe a situation that made them feel each emotion.

Calm-Down Yoga

Objective: Teach self-management through physical activities that promote calmness.

Description: Introduce simple yoga poses and breathing exercises to help children manage their emotions and stress.

Examples: Poses like "tree pose" and "child's pose" paired with deep breathing; Practicing yoga regularly as part of the daily routine.

Friendship Bracelets

Objective: Enhance relationship skills through cooperative activities.

Description: Have children make friendship bracelets for each other to encourage sharing, giving, and relationship building.

Examples: Using beads and string to create bracelets that they can give to friends; Discussing the importance of kindness and friendship while making the bracelets.

Responsible Choices Chart

Objective: Support responsible decision-making by helping children understand the consequences of their actions.

Description: Create a chart with different choices and their potential consequences. Discuss these with children to help them make better decisions.

Examples: A chart with pictures showing the outcomes of good choices (e.g., sharing toys) and poor choices (e.g., hitting a friend); Role-playing and discussing choices and outcomes.

Story Time with Reflection

Objective: Foster social awareness and self-awareness through stories.

Description: Read books that focus on emotions, relationships, and decision-making. After reading, discuss the characters' emotions and decisions.

Examples: Books like "The Way I Feel" by Janan Cain and "Have You Filled a Bucket Today?" by Carol McCloud.

Asking questions like “How did the character feel?” and “What could they have done differently?”