

Resources

Bright Futures: National Center for Education in Maternal and Child's Health, Georgetown University's Public Policy Institute, visit www.brightfutures.org.

**Center for Disease Control and Prevention
Department of Health and Human Services,**
visit www.cdc.gov.

CASEL (Collaborative for Academic, Social and Emotional Learning), Department of Psychology, University of Illinois at Chicago, visit www.casel.org.

Illinois State Board of Education, Social and Emotional Learning Standards, Springfield, Illinois, visit www.isbe.net.

Iroquois-Kankakee Regional Office of Education, Kankakee, Illinois, visit www.i-kan.org.

KAN-I HELP Information Network – Serving residents of Kankakee and Iroquois Counties, visit www.kan-i-help.org.



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Kindergarten to Grade 3

(early to middle childhood)



Snapshots Of Your Child's Social and Emotional Well-being

Social and emotional learning is the way a child develops the ability to experience, regulate and express emotions, form close, secure relationships; explore the environment; and learn.

What to expect

Children develop at their own unique pace, so it's impossible to tell exactly when yours will learn a given skill. The characteristics below will give you a general idea of the changes you can expect as your child gets older.

Kindergarteners

- Attempt only the things they know they can do
- Are energetic and fidgety and have a short attention span
- May show opposite extremes in behavior and become less well-behaved as the school year progresses

First Graders

- Want to be the “best” and “first”
- Have boundless energy
- May be oppositional, silly, brash and critical
- Cry easily; shows a variety of tension-releasing behavior
- Are attached to the teacher
- Have difficulty being flexible
- Often consider fantasy real

Second Graders

- Begin to reason and concentrate
- Worry, are self-critical and may express lack of confidence
- Demand more of the teacher's time
- Dislike being singled out, even for praise

Third Graders

- Possess a “know it all” attitude
- Are capable of assuming some responsibility for their actions
- Actively seek praise
- Often undertake more than they can handle successfully
- Can recognize the needs of others

Ideas for Parents

You can promote your child's social and emotional success by:

- Providing opportunities for active play like running, jumping rope or tumbling.
- Playing simple table games – cards, dominoes, tic-tac-toe – so your child can develop a simple understanding of the rules of play.
- Providing opportunities for noncompetitive team activities.
- Supervising projects like building models, making crafts, practicing music or working with wood to encourage your child's sense of accomplishment.
- Encouraging your child's creativity with writing, music, art and science.
- Taking your child on field trips to museums, work places and other neighborhoods.
- Being involved in your child's school – attending events and parent teacher conferences.

