

# Unit 1: Self-Awareness

## Pre-K | Observational Checklist

Student(s): \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:**

Observe the following skills during a conversation, play, or lessons with your student or between your student and peers. Administer before and after completing a unit. This is not intended to be a formal assessment or evaluation but to provide a benchmark for progress monitoring in comparison to the SEL Learning Standards.

**STUDENT GOAL:** Develop self-awareness skills to achieve school and life success and develop positive relationships with others.

**LEARNING STANDARD:** Identify and manage one's emotions and behavior.

Objective	Always	Often	Sometimes	Rarely	Never	Notes/Impressions:
Student can recognize and label basic emotions and body clues.						
Student can use appropriate communication skills when expressing needs, wants, and feelings.						
Student can express feelings that are appropriate to the situation.						
Student can recognize that behavior can affect emotions (including that it is possible to improve how one feels).						
Student can begin to use "I feel _" statements.						

Comments: \_\_\_\_\_

**Instructional Planning:** Lessons to choose in meeting student objectives.

**KEY TERMS:** Feelings, Body Clues, Calm, Strategies

**ES MATERIALS:**

- Grade Pre-K, Unit 1, Lessons 1-4
- Grade Pre-K, Unit 2, Lessons 5-8