

Non-Academic Skills to Practice Before School



Social and Emotional

- Match other's faces to feelings
- Take turns in a conversation
- Wait in a line without needing a toy/device
- Cope in noisy environments
- Recognize and discuss emotions
- Speak to a *safe* stranger
- Ask for help when needed
- Make eye contact with peers
- Speak in an appropriate volume
- Understand others have different feelings that they do
- Respond appropriately to the word no
- Know how to lose a game gracefully
- Dealing with emotions when you don't get what you want
 - ◆ You get what you get and you don't throw a fit mentality
 - ◆ You don't always get a choice

Self-help Skills

- Open food packaging/Tupperware
- Changing clothes independently
- Align a zipper, buckle/ unbuckle, button/ unbutton
- Turn sleeves "right side" out
- Adjust clothing to temperature
- Blow nose & dispose of tissue
- Filling water bottle on their own and twisting the cap closed

Responsibility and Ownership

- Slide papers in a folder/ fit items in a backpack
- Tell the difference between a snack and a lunch
- Making a lunch choice and sticking to it
- Taking care of the others' property
 - ◆ cleaning up at a friends house after a playdate
 - ◆ when something is broken, tell an adult
 - ◆ Fixing or replacing an item when broken
- When you have an accident, tell the teacher.
- Cleaning up space after an activity
- Putting away coat, shoes, backpack