

## Resources

**Bright Futures:** National Center for Education in Maternal and Child's Health, Georgetown University's Public Policy Institute, visit [www.brightfutures.org](http://www.brightfutures.org).

**Center for Disease Control and Prevention  
Department of Health and Human Services,**  
visit [www.cdc.gov](http://www.cdc.gov).

**CASEL** (Collaborative for Academic, Social and Emotional Learning), Department of Psychology, University of Illinois at Chicago, visit [www.casel.org](http://www.casel.org).

**Illinois State Board of Education, Social and Emotional Learning Standards,** Springfield, Illinois, visit [www.isbe.net](http://www.isbe.net).

**Iroquois-Kankakee Regional Office of Education,** Kankakee, Illinois, visit [www.i-kan.org](http://www.i-kan.org).

**KAN-I HELP Information Network** – Serving residents of Kankakee and Iroquois Counties, visit [www.kan-i-help.org](http://www.kan-i-help.org).



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[www.i-kan.org](http://www.i-kan.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.

