



Kindergarten – 2nd Grade



Topics

Learning Objectives (Students will be able to)

- 1

Identifying and Recognizing Our Emotions and Feelings

 - Label basic emotions and recognize feelings connected to these emotions, and associate them with facial expressions, body language, and behaviors (e.g., pride, embarrassment, frustration, nervousness, loneliness).

- 2

Understanding Our Emotions and Feelings

 - Use richer and more specific vocabulary for feelings related to a basic emotion (e.g., happy = ecstatic, excited, glad, joyful, elated, delighted, pleased, calm, etc.).
 - Demonstrate beginning understanding of the reasons behind emotions (cause and effect relationship).

- 3

Communicating and Expressing Our Emotions and Feelings

 - Express and share own feelings in a variety of ways (e.g., through speaking, writing, drawing, dramatization).
 - Describe reasons for own feelings and situations that cause them (stimuli/provocations).

- 4

Regulating Our Emotions and Feelings

 - Analyze challenging situations and identify healthy ways to address them (e.g., strategies for handling mistakes such as erasing, correcting, starting over, etc.).
 - Manage and regulate emotions and feelings using relaxation techniques.

- 5

Changes and Transitions

 - Demonstrate flexibility in thinking or actions (e.g., ask for suggestions; think of alternatives; adapt to unexpected changes).

Topics

Learning Objectives (Students will be able to)

- | Topics | Learning Objectives (Students will be able to) |
|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6 Friendship, Empathy, and Prosocial Skills | <ul style="list-style-type: none">• With support, begin to anticipate others' feelings and responses (e.g., what will happen if...?).• Engage in meaningful communication or conversations with other children throughout the day.• Initiate, expand, and maintain interactions with other children (e.g., invent/set up activities). |
| 7 Community Building | <ul style="list-style-type: none">• Show respect for others by using social conventions (e.g., raising hand to speak, taking turns, respecting authority).• Listen or demonstrate attention when others talk or communicate with support.• Form and maintain increasingly closer and more nurturing friendships (e.g., show loyalty, demonstrate concern for needs/wants of particular children). |
| 8 Family | <ul style="list-style-type: none">• Distinguish others' feelings and speculate on why they might be different from own.• Listen or demonstrate attention and respond when family members talk (or communicate in non-verbal ways such as sign language, gestures, body language).• Initiate and engage in substantive/focused communication or conversations with family throughout the day. |
| 9 Cultural Awareness | <ul style="list-style-type: none">• Accept the validity of others' perspectives, ideas, and motivations (e.g., they are not "wrong," just different). |
| 10 Problem Solving | <ul style="list-style-type: none">• Recognize and act on conflict situations in a positive manner most of the time (e.g., explain situation with objectivity; listen to others' perspectives or solutions).• Recognize when another needs help and offer assistance.• Discuss and identify possible causes and solutions for a social/ethical problem. |

The ECSELEnt Adventures curriculum is composed of ten topics, each made up of four lessons. We recommend starting with the **first four topics** sequentially, as they are the core components of emotional intelligence.