

# 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
- 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 your favorite color or a choice

## *Self-help Skills*

- Open food packaging/Tubberware
- Changing clothes independently
- Align a zipper/ unbuckle/ 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