

# “I Can”!

## Early Learning Social and Emotional Development

- I can get better and better at doing things for myself.
- I can talk about myself and understand who I am.
- I can talk about my family and how I am a part of it.
- I can talk about the things I can do and what I like.
- I can be proud of things that I do.
- I can show what I need and what I am feeling in the right ways when I am angry or sad.
- I can understand how what I do makes a difference to others.
- I can understand that things may happen because of the way I act towards others.
- I can talk with and get help from people I know and trust.
- I can show that I know others feel and try to help them feel better.
- I can understand that all people are different and that's okay.
- I can understand that it takes hard work to get some things done.
- I can name and understand the places in my world and what they are for.
- I can use my body parts to help me move. (head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet and toes).