



**Conversation Starters**  
**CASEL**  
**Parent Toolkit**

# SEL Grade 3

## KCSD96



- Identify their feelings/emotions and explain why they feel that way.
- Know and understand a range of emotions and how one can lead to another (e.g., frustration can lead to anger).
- Know and use strategies to transition between high- and low-energy activities.
- Match the reaction to the situation and understand why.
- Identify and communicate a personal goal and create an action.
- Recognize if a goal was reached and further steps, with teacher guidance and assistance.
- Understand and describe the expressed feelings and perspectives of others and respond appropriately.
- Recognize contributions, whether different or not.
- Acknowledge differences and ask questions to clarify.
- Compromise to reach a common goal, even when differences arise.
- Use “I” statements in conflicts with peers and apologize for their role in the conflict.



**Vocabulary**

**Decision Making**  
**Expectations**  
**Impulse Control**  
**Perspective**  
**Empathy**  
**Diversity**  
**Analyze**  
**Resolve**  
**Communication**  
**Compromise**  
**Conflict**  
**“I”-Statement**

- Model setting short-term goals (e.g., training for a race).
- Establish routines for homework and chores.
- Practice problem solving with your child.
- Celebrate good decisions.
- Encourage conversations about social, academic, and cultural experiences.



**Home Connections**