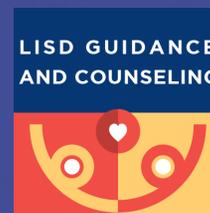


SOCIAL EMOTIONAL DEVELOPMENT

Social Emotional Development is the ability to recognize emotions, understand what emotions mean, identify how different emotions affect others and how to control our own emotions. Skills such as cooperation, self-control, empathy and the ability to resolve conflict all need social emotional skills. Your child's unique combination of experiences with family and friends, community and culture, genes, brain development and environment will all impact their social emotional growth.

Having these skills is an important part in a child developing healthy relationships and school success. Social emotional skills can help a child stick to a task when it becomes challenging, find help when it is needed and to be aware of their actions.



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SOCIAL & EMOTIONAL DEVELOPMENT



5 CORE SKILLS TO SOCIAL AND EMOTIONAL DEVELOPMENT

(Source: casel.org/core-competencies/)

According to CASEL (Collaborative for Academic, Social, and Emotional Learning), there are 5 core skills important to social and emotional learning:

1. Self-Awareness: The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism and a "growth mindset."

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

2. Self-Management: The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations.

- Effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.
- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

3. Social Awareness: The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. Also to understand social and ethical norms for behavior and to recognize family, school, and community resources and support.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

4. Relationship Skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

5. Responsible Decision-Making: The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

RESOURCES

Kiddie Matters

Find social and emotional skills appropriate for school-aged children:
kiddiematters.com/category/social-emotional-learning

Parent Toolkit

parenttoolkit.com/social-and-emotional-development/advice/parents-guide-to-social-and-emotional-development

Psychology Today

psychologytoday.com/us/blog/the-wide-world-psychology/201701/why-child-social-emotional-skills-are-so-important

Edutopia

edutopia.org/video/5-keys-successful-social-and-emotional-learning

