

Fast Facts: Social Emotional Skills

“Learned early, social emotional skills can help children overcome challenges, avoid unhealthy behavior, improving a variety of outcomes for adulthood. Studies show that Social emotional skills can lead to better education, employment, physical and mental health, and to fewer problems with substance abuse, antisocial behavior, or relationships. “

Social Emotional Learning has five key components:

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision making

Interpersonal Skills

- Social Skills (relationship skills, conflict management)
- Communication
- Teamwork (playing by the rules, agreeableness, social influence)

Intrapersonal Skills

- Hardworking & Dependable
- Positive Self-concept
- Responsibility & Decision Making
- Integrity/Ethics
- Positive Attitude
- Self-motivation

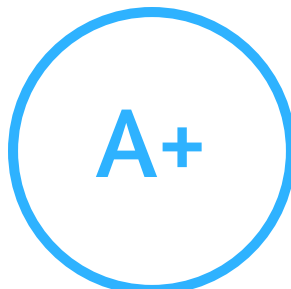
Benefits of Social Emotional learning

Better Physical and
Mental Health

Increased Academic
Performance

Less Likely to engage
in substance abuse

Fewer relationship
problems



What can I do?



Talk with and listen to your child

When you talk with her, give her time to respond. Make eye contact on her level. Ask open ended questions: "What do you think about today's rainy weather?" Talking with your child helps her see herself as a good communicator and motivate her to keep developing these skills.

Teach your child about non-verbal communication.

"Daniel, do you see how Sarah is holding her hands up to cover her face? She doesn't like it when you throw the ball so hard. I know you can throw it softer so she will want to keep playing catch with you."



Respect and recognize your child's feelings.

Children are far more likely to share their ideas and feelings if they know they won't be judged, teased, or criticized. You can empathize with a child's experience, yet disagree with his behavior. For example, "I know you're scared to sleep alone, but you need to stay in bed. Would you like some quiet music on?" Or, "I know you're angry but you can't throw the blocks. Here's a pillow you can punch instead."



Help your child develop a "feelings" vocabulary.

Provide the words for her experience. "You're sad because Daddy left for his trip." Keep in mind that feelings are not good or bad, they just are. Sometimes parents are afraid that talking about an intense feeling will escalate it; but many times the opposite happens: When children feel that their feelings and experiences are respected, they are often able to move on more easily.

Provide Opportunities for Your Child to Develop Relationships with Peers

Ask children to imagine how their behavior might affect others: "I see that you told Greta that she can't play ball with you. How do you think that made her feel?" Encourage children to work in groups or as teams, when appropriate: "Sam and Cara could you please put the cars away?" Help children to see others' points of view, which encourages empathy: "Casey is feeling sad because his mom had to go."

Additional Resources



<https://www.zerotothree.org/early-development/social-and-emotional-development>

- **Video:** Nurturing healthy social emotional development in the early years
- **Article:** How to help your child develop empathy
- **Podcast:** Developing self-esteem in the early years
- **Article:** Developing social emotional skills
- **Article:** From Feelings to Friendship- Nurturing Healthy Social Emotional Development in the Early Years

<https://childmind.org/article/how-to-help-anxious-kids-in-social-situations/>
<https://childmind.org/article/12-tips-raising-confident-kids/>

- **Article:** How to Help Anxious Kids in Social Situations
- **Article:** 12 Tips for Raising Confident Kids

<https://healthychildren.org/english/healthy-living/emotional-wellness/pages/default.aspx>

- **Article:** Everybody Gets Mad: Helping your Child Cope with Conflict
- **Article:** Helping Children Handle Stress
- **Article:** Just Breathe: The Importance of Meditation Breaks for Kids
- **Article:** Permission to Unplug: The Health Benefits of Yoga for Kids
- **Article:** Staying Cool When Things Heat up

<https://healthychildren.org/english/healthy-living/emotional-wellness/pages/default.aspx>

Article: Emotional Wellness

<https://www.nytimes.com/2014/04/12/opinion/sunday/raising-a-moral-child.html>

Article: Raising a Moral Child

<http://nymag.com/news/features/ethical-parenting-2013-10/>

Article: Ethical Parenting: Is there such a thing? Ask your children.

Top 25 Social Emotional Learning Books for Children



1. The Hundred Dresses.* Eleanor Estes. Harcourt, 1944. Gr 3–5.
2. Crow Boy. Taro Yashima. Viking, 1955. Gr 2–5.
3. Yesterday I Had the Blues. Jeron Ashford Frame. Tricycle. 2003. Gr 2–5.
4. Henry and the Kite Dragon. Bruce Edward Hall. Philomel, 2004. Gr 3–5.
5. Crazy Hair Day. Barney Saltzberg. Candlewick, 2003. Gr 2–4.
6. Lilly's Purple Plastic Purse. Kevin Henkes. HarperCollins/Greenwillow, 1996. Gr K–3.
7. I Miss Franklin P. Shuckles. Ulana Snihura. Annick, 1998. Gr 1–3.
8. Danitra Brown, Class Clown. Nikki Grimes. Harpercollins/Amistad, 2005. Gr 3–5.
9. Lizzie Bright and the Buckminster Boy.* Gary Schmidt. Clarion, 2004. Gr 5.
10. Wonder.* R.J. Palacio. Knopf, 2012. Gr 3–5.
11. Rules.* Cynthia Lord. Scholastic, 2006. Gr 3–5.
12. Anything But Typical. Nora Raleigh Baskin. S&S, 2009. Gr 5.
13. When Sophie gets Angry, Really Angry. Molly Bang. Scholastic/Blue Sky, 1999. Gr K–1.
14. My Name is María Isabel.* Alma Flor Ada. S&S/Atheneum, 1993. Gr 3–4.
15. Thank you Mr. Falker. Patricia Polacco. Philomel, 1998. Gr 4–5.
16. Yoon and the Jade Bracelet. Helen Recorvits. Farrar, 2008. Gr 3–4.
17. The Teddy Bear. David McPhail. Holt, 2002. Gr 3–5.
18. Mouse Was Mad. Linda Urban. Harcourt, 2009. Gr K–1.
19. Teammates. Peter Golenbock. Harcourt Brace Jovanovich, 1990. Gr 4–5.
20. Chrysanthemum. Kevin Henkes. HarperCollins/Greenwillow, 1991. Gr K–1.
21. Joey Pigza Swallowed the Key.* Jack Gantos. Farrar, 1998. Gr 4–5.
22. Also Known as Harper.* Ann Haywood Leal. Holt, 2009. Gr 5.
23. How to Steal a Dog.* Barbara O'Connor. Farrar, 2007. Gr 5.
24. Becoming Naomi Leon.* Pam Munoz Ryan. Scholastic, 2004. Gr 3–5.
25. Willow's Whispers. Lana Button. Kids Can Press, 2010. Gr K–1.

Source: The Open Circle Program at the Wellesley Centers for Women (WCW), a provider of evidence-based social and emotional learning for K–5 kids released its list of the top 25 children's books that connect to kids' social and emotional development. **The chosen books cover a range of important skills, such as self-awareness, self-management, empathy, dealing with conflict, and problem-solving.**