

BUILDING SOCIAL EMOTIONAL SKILLS FOR YOUR CHILD'S SUCCESS

Helping every child thrive in school, relationships, and life

SOCIAL EMOTIONAL SKILLS

Social Skills: Understanding norms, positive interactions, conflict resolution

Emotional Skills: Expressing and managing emotions, empathy

Cognitive Skills: Attention, self-control, planning, decision-making



WHY SEL MATTERS

SEL builds confidence, improves relationships and supports lifelong success.

1

EMOTIONAL SUPPORT

Improves emotional well-being and builds resilience

2

POSITIVE BEHAVIOURS

Promotes safe behaviors and relationships with others

3

ACADEMIC SUCCESS

Enhances learning and ability to communicate

HOW SUPPORTING SEL DEVELOPMENT LOOK LIKE

It takes a village to raise a child. Together, we can help your child grow.



WHAT ARE THE SE SKILLS

They are skills that help your child to understand self and others, manage emotions and build positive relationships. These are essential for learning, friendships and independence.

SELF-AWARENESS

Recognize feelings and strengths.

Home Activities:

Use feelings chart, encourage "I feel" statements.

Ask, "How do you feel today? What made you happy?"

SELF-MANAGEMENT

Control emotions and behaviors.

Home Activities:

Practice deep breathing, create quiet corner to relax, practice counting to 10 when upset.

SOCIAL AWARENESS

Understand others' feelings and perspectives.

Home Activities:

Share news articles, read stories, ask about characters' feelings.

Ask, "How do you think this person/character feels?"

RELATIONSHIP MANAGEMENT

Make friends, share, resolve conflicts.

Home Activities:

Play boardgames, role-play sharing, picnic, make a meal together, practice taking turns.

RESPONSIBLE DECISION-MAKING

Make safe and fair choices

Home Activities:

Offer simple choices, discuss consequences

Ask, "Do you want to - first or - ?"

These skills help our students feel confident, get along with others and cope with challenges. With collective efforts, they will be able to realise their potential, strengthen resilience, achieve personal and social well-being and grow into responsible, caring and self-determined individuals.

Stay tune. More resources will be shared with you.