



What Do They Mean By Social-Emotional Skills? How Do I Help My Child Develop Them?

Social-emotional skills are the skills and abilities your child needs to understand, express, and manage their own emotions effectively while also developing healthy relationships with others. These skills are important to their personal well-being, and success in school. Here are some simple ways you can help your child develop these skills they need.

Self Awareness: Identifying and Expressing their Emotions.

Encourage your child to express their emotions by validating their feelings. Teach them to label their emotions (e.g., happy, sad, angry) and help them understand that it's okay to feel different emotions.

Self- Regulations: Managing Their Emotions

This is a big one, especially during the busy holiday season. This includes learning how to control impulses, handle frustration, and follow basic rules. Teach your child age-appropriate relaxation techniques for managing strong emotions, such as deep breathing or counting to ten.

Having Positive Social Interactions:

Arrange playdates or opportunities for your child to play with others. Your child should be learning to share and take turns. Your child should use polite language and manners. The best way to teach them is to be a good role model yourself!

Empathy:

It's important for children to understand and show empathy toward the feelings and needs of others. Being sensitive to what your child is feeling shows your child what empathy can look like. Model empathy by showing compassion and kindness to others.

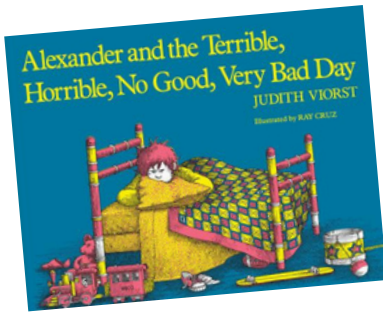
Now let's have some fun! Check out the other side of this handout for some fun and games you can do with your child to help develop their social-emotional skills.



Fun Activities to Build Social-Emotional Skills

Read Stories Together

When the book is finished, you can ask your child how they think a specific character felt and how they would feel in the same situation.



Make Up Stories Together

You can also come up with stories together, which allows kids to perform story-telling while encouraging social-emotional learning.

Play Board Games

Board games are another excellent social-emotional learning opportunity and allow preschoolers to learn valuable tools like taking turns, understanding directions, and vital social skills. Check the recommended ages to help set them up for success.

Make Emotions Masks

Cut paper plates in half and draw an emotion expression on each half. Put in front of your face. Have them guess your feeling. You can also talk about a situation and have your child pick the mask that shows their feeling.



Play with Puppets

Playing with puppets is a fun way for preschoolers to explore social-emotional learning, and show imagination and creativity. If you don't have puppets at home, you can create some with brown paper bags or use old socks. It doesn't have to be perfect to be fun.

Dance, Dance, Dance

Dancing is a great way for children to express their emotions and feelings through movement.

Gaining self-confidence through dance can help a child in social situations where they may otherwise feel uncomfortable.



Play Together

Red Light, Green Light and Simon Says are great games to teach children about listening and following the rules. Hide and Seek is great for problem solving.