



# Social Emotional Development



## What is Social Emotional Development:

Social-emotional development is the process through which children and adults gain and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Video: <https://www.youtube.com/watch?v=ikehX9o1JbI>

Article: [https://pathways.org/topics-of-development/social-emotional/?gclid=EA1aIQobChMlrLHFz-yJ6wIVxRx9Ch1DrwyNEAAYASAAEgIiDvD\\_BwE](https://pathways.org/topics-of-development/social-emotional/?gclid=EA1aIQobChMlrLHFz-yJ6wIVxRx9Ch1DrwyNEAAYASAAEgIiDvD_BwE)



## Why is Social Emotional Development Important:

The core features of social-emotional development include the ability to identify and understand one's own feelings, to accurately read and comprehend emotional states in others, to manage strong emotions and their expression in a constructive way, to regulate one's own behavior, to develop empathy for others, and to establish and maintain relationships.

Often taught in the classroom, social-emotional learning gives children the tools for success, while educators find it contributing to a positive school climate and increased academic success. Beyond immediate outcomes in the classroom, social-emotional development prepares both children and adults to solve problems, manage emotions, and communicate.

Article: <https://www.accreditedschoolsonline.org/resources/social-emotional-learning/>



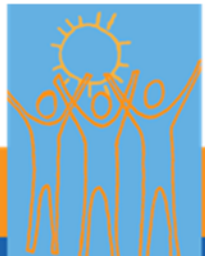
## Strategies to Promote Social Emotional Development

- Help children understand their emotions by giving a child's feelings names and then encouraging them to talk about how they are feeling.
- Help children think about ways they can manage their emotions in situations where they might feel out of control.
- Practice regulation skills with children.
- Encourage healthy outlets for physical and emotional energy, such as exercise, creative activities or hobbies.
- Try to stay calm you teach children self-control by staying calm.
- Create a cozy place in your classroom for a child to use this place when he is feeling overwhelmed or just wants some quiet time.



## Activities for Promoting Social Emotional Development

- Read a story about a character experiencing a range of emotions, talk about it with the child.
- Encourage problem solving! One way to do this is by asking a child to build a clock tower as high as they can, when/if the tower falls ask, "What made the tower fall?" "If we build it again, what can we change to prevent the tower from falling again?"
- Tell children about a situation that makes you feel a particular emotion (happy, sad, frustrated, angry, jealous, etc.). Then ask children to share the things that make them feel that same emotion.





# Social Emotional Development Additional Resources:

- [Trauma Informed Toolkit](#)
- [Sesame Street Offering Comfort](#)
  - [Toddler Stress](#)
- [Children's Emotional Development Is Built into the Architecture of Their Brains](#)
- [Social Emotional Resources for working with families](#)
  - [Center for Inclusive Childcare Resource Library \(Language can be selected\)](#)
- [Supporting children's social emotional growth birth-3](#)
  - [5 Ways to Support Social–Emotional Development in Early Childhood](#)
- [100 Calm Down Tools and Strategies You Can Use Today](#)
  - [12 Easy Ways to Help Burn Energy and Calm Children of All Abilities](#)
  - [21 Simple Ways to Integrate Social Emotional Learning Throughout the Day](#)
  - [5 Social emotional learning games](#)
    - [Stress management activities](#)
  - [Social Emotional resources for use with children \(posters, books, & more\)](#)
    - [Social Emotional Skills Booklist](#)
      - [Mindfulness video](#)

