

Socioemotional Development

Children have a variety of personal and social skills, values, and attitudes that they have acquired from relationships and experiences in their lives. It is important that these are recognized and fostered. Children are individuals in their own right and have their own personalities.

Social and Emotional Learning (SEL) describes the process through which children develop the skills needed to become well-rounded, confident individuals. SEL gives children the tools to manage emotions and build positive relationships with others. Research shows that when children are equipped with social and emotional skills they are better able to learn, have fewer behavioral issues, and have better relationships with their teacher and classmates.

Socioemotional development also helps to set the foundation for Education for Sustainable Development and Citizenship (ESDC). ESDC teaches children the values of citizenship, defining the role of individuals in larger communities. ESDC helps children transition from self-knowledge, to understanding that they are a part of a larger whole (their family, school, and the wider society). It also helps them develop the attitudes and skills to become positive and active participants of the world.

Socioemotional Readiness

To deem a child ready for school in terms of socioemotional development, he or she should be able to do some or all of the following:

- Participate in play with other children, and approach them in order to make new friends.
- Express their individual needs and wants verbally.
- Take turns and share with others.
- Cope well with transitions and changes.
- Understand and respect rules.
- Recognize and manage their emotions in appropriate ways.
- Assert their capabilities and independence, while demonstrating awareness of the needs and rights of others.

- Demonstrate an ability to persevere, especially when a task is difficult, and enjoy the satisfaction of achievement.
- Give and receive affection and appreciation.
- Deal with conflict in an appropriate manner.
- Reassure friends when they are upset.
- Understand and follow good hygiene practices, (e.g., going to the bathroom alone, washing their hands correctly, or covering their mouth when coughing).
- Enjoy pretend play.
- Be curious and enthusiastic to learn.

How to Play?

- Print the wheel and use a clip with a pencil to spin and play.
- Give a copy of color boxes to each student.
- Discuss as a class and give a color to each emotion. You can draw and write this on the board as a reminder.
- Give students time to cut the stickers or cut them in advance and give a full set to each student.
- Explain you will spin the wheel several times and they have to pick up a sticker that represents that emotion. Then they will paste the sticker within the correct box.
- Students should paste one sticker per turn. Repeat until students have used all the stickers.
- Take time to review students' answers.

Teaching Tips

Provide lessons and activities where children are encouraged to express emotion, develop self confidence, expand their imagination, identify with different characters, and take part in group situations as they sing, play music, and dance.