

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 unique 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 and 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, they 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 achievements.
- 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 imaginative play.
- Be curious and enthusiastic to learn.

How to Play?

- Give each student a copy of the worksheet. For lower levels, cut the body shape and the stickers in advance.
- Show the body parts and ask the students to compare with themselves and their classmates.
- While observing the body parts, encourage students to describe themselves aloud with simple sentences like *I have round lips*.
- Then explain to the students they can use the body parts to make a model of themselves by using the silhouette you gave them.
- Once they have finished, sit in a circle and share students' model. Encourage them to use simple sentences. Also you can ask them for their favorite feature, e. g., *I like my curly hair*.
- Emphasize differences and similarities between students with respect. Remind them of the importance of diversity.

Teaching Tips

While presenting their models, you can ask them what they like the most about themselves and what they like about others. Encourage them to give and receive compliments to build their self-esteem.