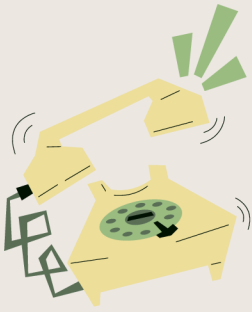


SOCIAL-EMOTIONAL SKILLS FOR A SUCCESSFUL SCHOOL YEAR



Emotional Awareness and Regulation

Begin the day by having students identify their current feelings using a mood meter chart (happy, anxious, frustrated, excited). This practice builds self-awareness and helps adults provide timely support.

Effective Communication and Active Listening

Practice common social scenarios, such as asking for help or disagreeing respectfully, to build confidence and competence in communication.

Problem-Solving and Decision-Making

Present students with age-appropriate dilemmas and guide them in brainstorming possible solutions and consequences.

Building Healthy Relationships

At the end of the day or week, have students share compliments or positive observations about classmates to reinforce trust and community.

