



The Power of Social and Emotional Skills for Children's Learning

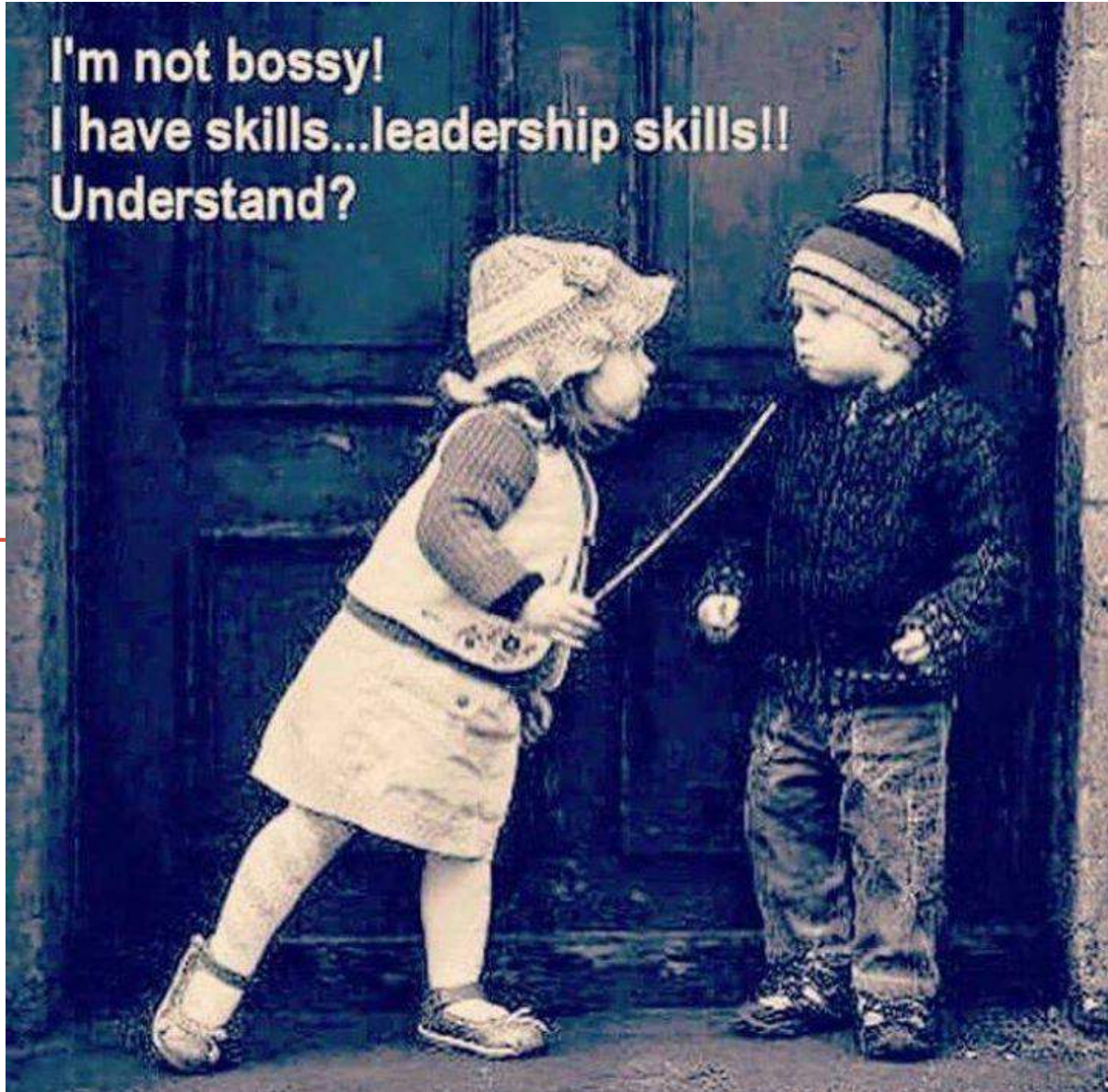
Transition to School



Sharing...

**What conversations have
been happening in your
home about starting
school?**

**I'm not bossy!
I have skills...leadership skills!!
Understand?**

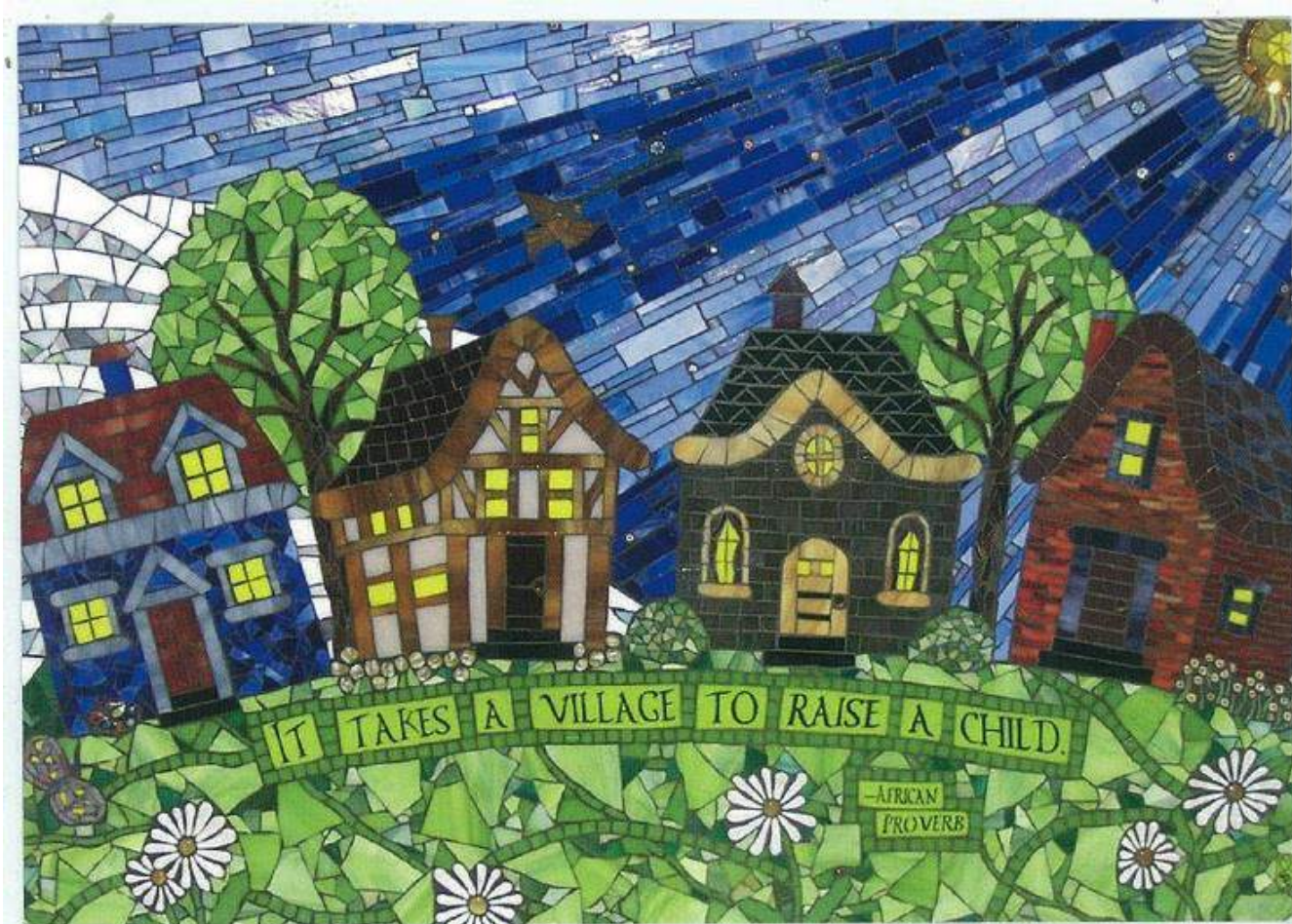


Children Learn What They Live

- If a child lives with criticism, he learns to condemn.
If a child lives with hostility, he learns to fight.
If a child lives with ridicule, he learns to be shy.
If a child lives with shame, he learns to feel guilty.
If a child lives with tolerance, he learns to be patient.
If a child lives with encouragement, he learns confidence.
If a child lives with praise, he learns to appreciate.
If a child lives with fairness, he learns justice.
If a child lives with security, he learns to have faith.
If a child lives with approval, he learns to like himself.
If a child lives with acceptance and friendship, he learns to find love in the world.



“Whatever you would have your children become strive to exhibit in your own lives and conversation”



Building relationships is core work of school communities

Positive Parenting Cards..

- Talk with someone around you and discuss the thoughts from the card.



Children learn everywhere, at any time. Learning has shifted from school-centred to **student-centred learning**. Working from this stance, there are **many influences** on learning that need to be elevated. **One of the most powerful** of these is **family engagement**, in children's learning, development, health & wellbeing.



Influences Affecting Achievement

Outside the school gate

[85-92%]

The Child

SES

Culture

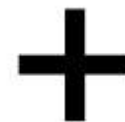
Peers

The Family

The Home Learning
Environment

Parent Engagement

Social Capital



Inside the school gate

[8-15%]

The Teacher!

Curriculum

Leadership

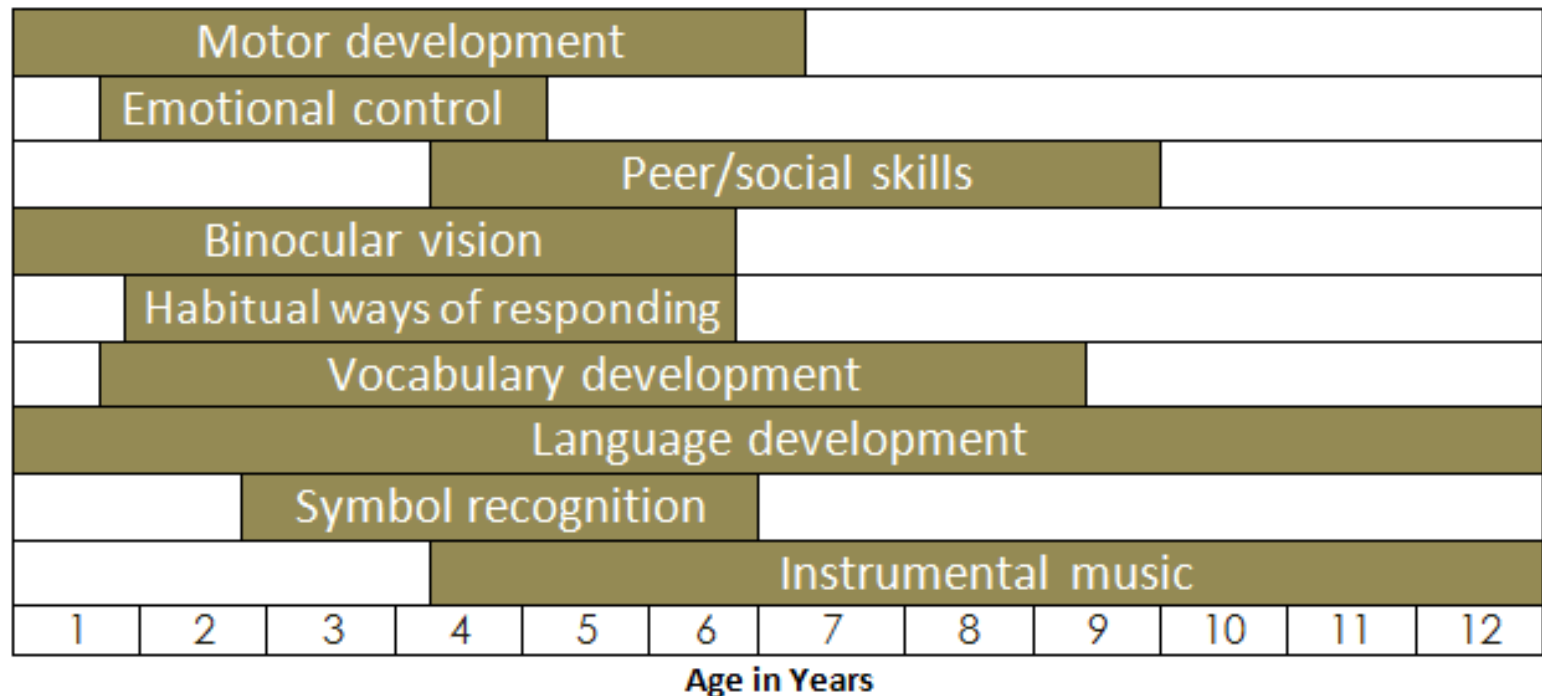
School Climate

A parents role is changing from providing constant supervision to supporting your child to become more independent

- Learning to be in control of their behaviour and emotions (Self regulation & Independent)
- Gaining competence at friendship and relationship skills (My best friend)
- Progress from free play to collaborative play
- Developing competence in relating to other adults in their life (new relationships)
- Developing knowledge of values and self concept
- Gain competence at school and in a range of activities
- *A parents role is changing from providing constant supervision to supporting your child to become more independent*

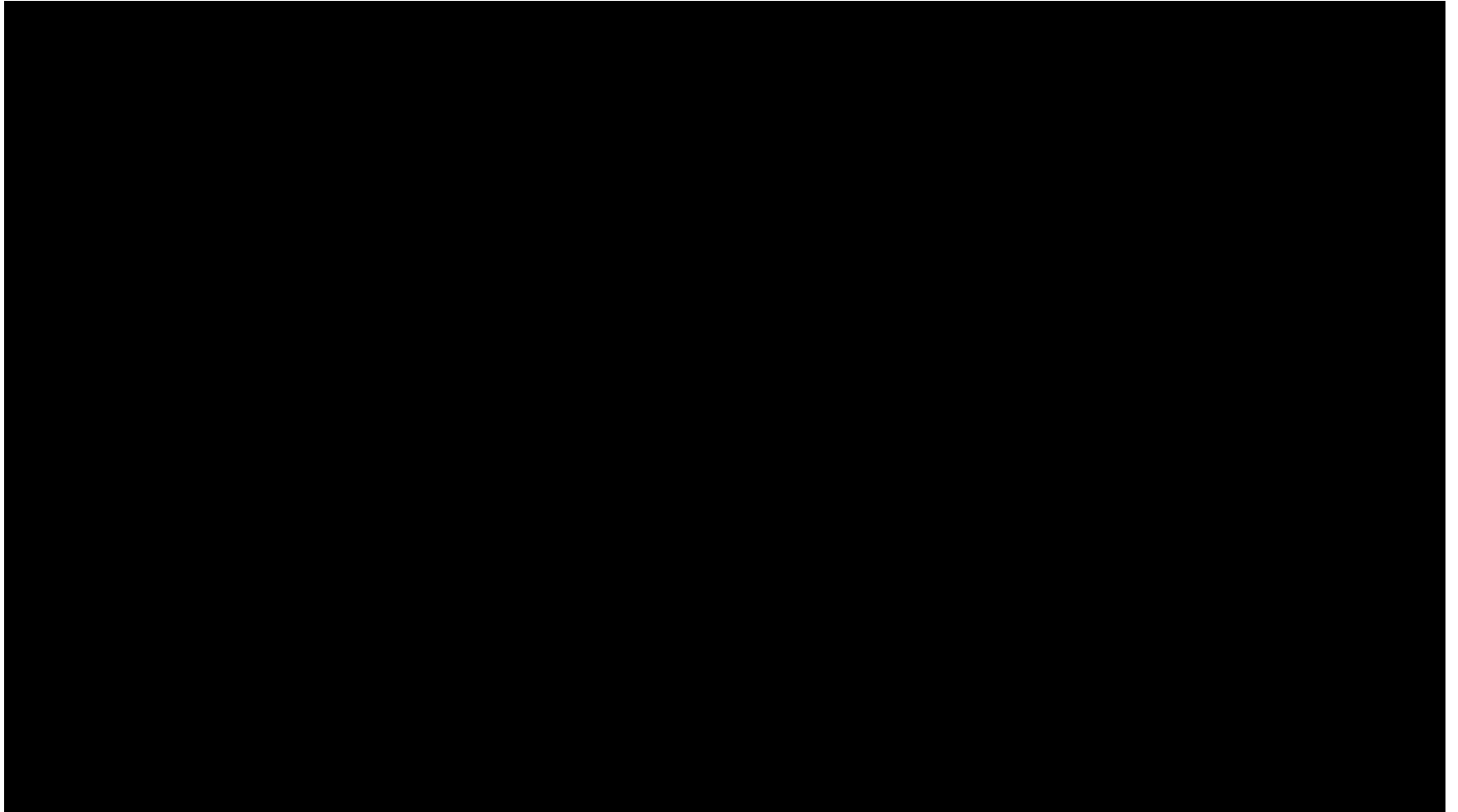
Learning Windows

Key periods of neural connectivity



Learning Windows represent the optimum time for particular types of stimulation and learning, however, the windows never actually close completely

The Developing Brain



Early Primary (k-2)

Social & Emotional stages

4 Years Old: The Dreamer

Milestone: *Imagination Explosion*

5 Years Old: The Schmoozer

Milestone: *Pleasing Others*

6 Years Old: The Empathizer

Milestone: *A New Perspective*

7 Years Old: The Comedian

Milestone: *Clever Wordplay*

8 Years Old: The Downsizer

Milestone: *Realistic Assessment of Abilities*



There's nothing hard about being 4

Early Primary (K-2) 5 to 8 years

SOCIAL & EMOTIONAL STAGE

Fear becomes connected to embarrassing oneself & moves away from things not connected to reality

Increase in use of language to represent thoughts & feelings

Increase of structured activities

Likes board games, but not losing

Concern with fairness, following rules, inflexibility of thinking

Interested in how everything works (knowledge expanding)

Starts to distinguish between real and pretend

World around is changing, new peers, new relationships, increase in interactions

Period of discovering & questioning real vs unreal

Imaginative exaggeration



Upset about who's in, who's out, who decides

Petty theft

Thinks literally

Lots of play

Enjoys helping at home doing family things

Can't keep a secret

Manipulates information to get own way or create an impression (LIES)

Friends become important

Still carry unspoiled innocence of pre-school years

Likes to be assertive, wants to be first, the best, the biggest, to win

Parents still main source of wisdom

latest research

- <http://www.pbs.org/newshour/bb/kindergarteners-good-social-skills-turn-successful-adults-study-finds/>



Social and Emotional learning

- **Social and Emotional Learning (SEL)** is the process through which we learn to recognise and manage emotions, care about others, make good decisions, behave ethically and responsibly, develop positive relationships, and avoid negative behaviours (Elias et al. 1997).
- In the school learning context, SEL is the process for integrating **thinking, feeling and behaviour** to achieve important social/life tasks, meet personal and social needs and develop the skills necessary to become a productive contributing member of society.

What is SEL? (Personal & Social Capability)

Social

- Understanding other people

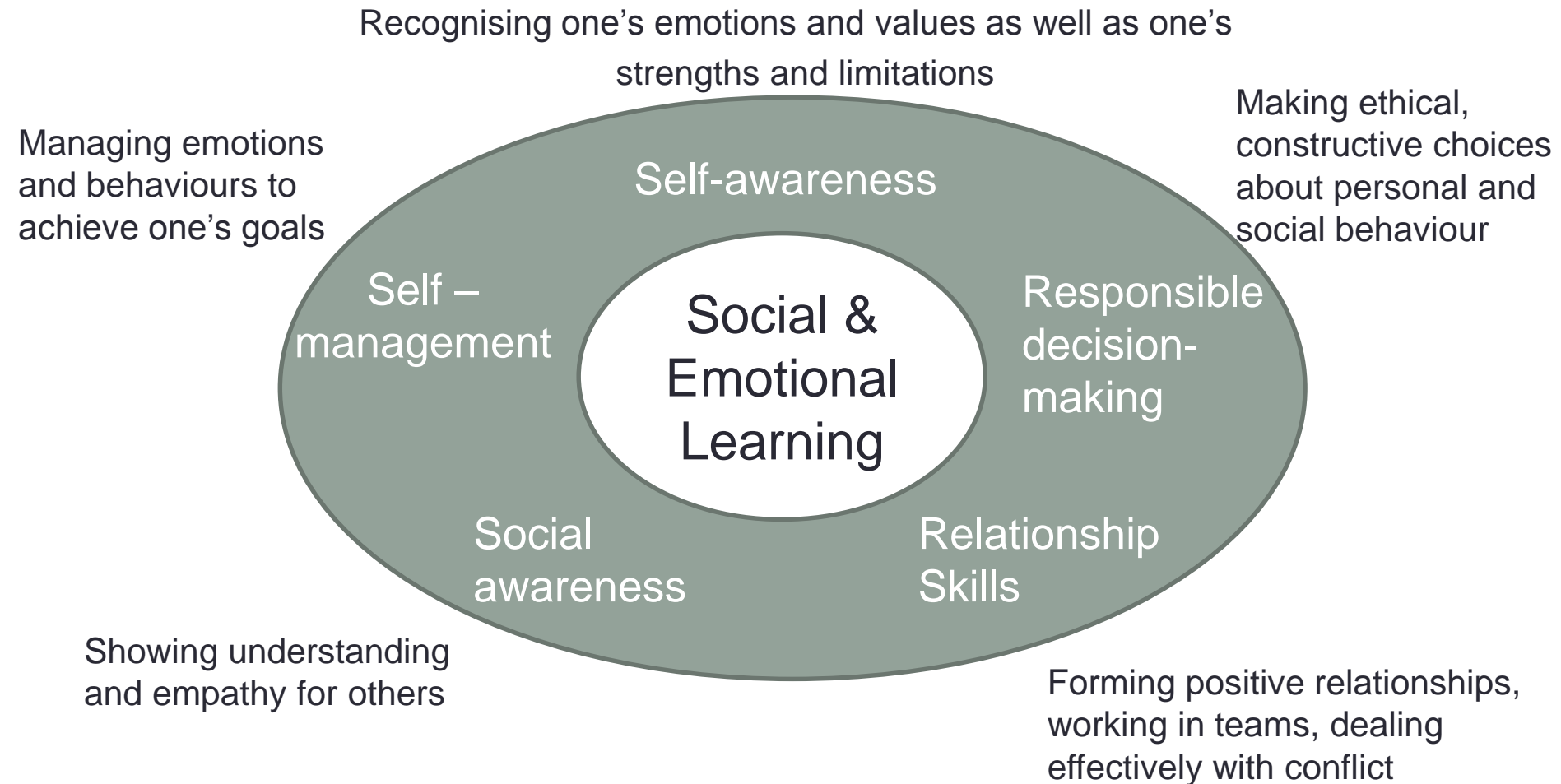
Emotional

- Knowing yourself

Learning

- SEL can be taught & learnt

What does SEL address ?

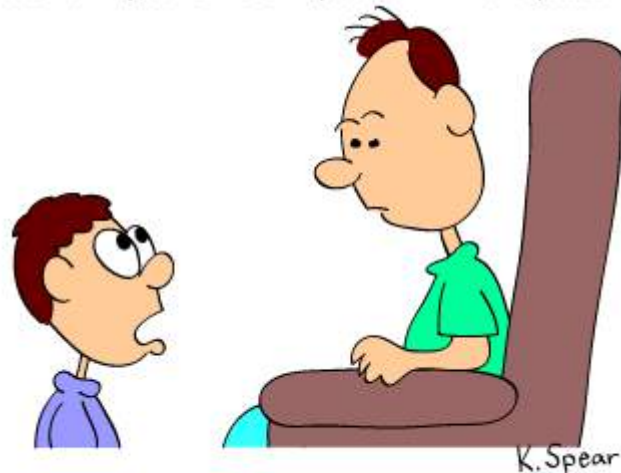


Parent resource

<https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning>

<http://www.parenttoolkit.com/>

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"ON WHAT DAY DID GOD CREATE THE INTERNET?"

SEL at Home

- Encourage discussion of feelings
- Develop techniques to manage emotions
- Support children's confidence, give them opportunities to be succeed
- Provide opportunities for play with others
- Model emotional regulation
- Give children choices
- Encourage creative problem solving
- Practise a growth mindset
- Teach children to use assertive communication skills

SEL through Play

- A slower childhood: if you feel like life is dictated by a busy activity schedule it might be time to rethink family priorities
- Busyness is a choice: allow time for things that matter the most in forming happy, healthy children including time for children to be carefree
- Children learn best through play, every child has the right to play, children perform better academically and socially when provided with opportunity to play
- Don't over cater to kids(can lead to self-centredness) boredom creates the space in a busy mind for creativity to be explored and expressed
- Play assists in the development of self-regulations such as controlling one's emotions, impulses, behaviours and other cognitive processes.

It is believed that play shapes the structural design of the brain. Play provides active exploration that assists in

building and strengthening brain pathways.

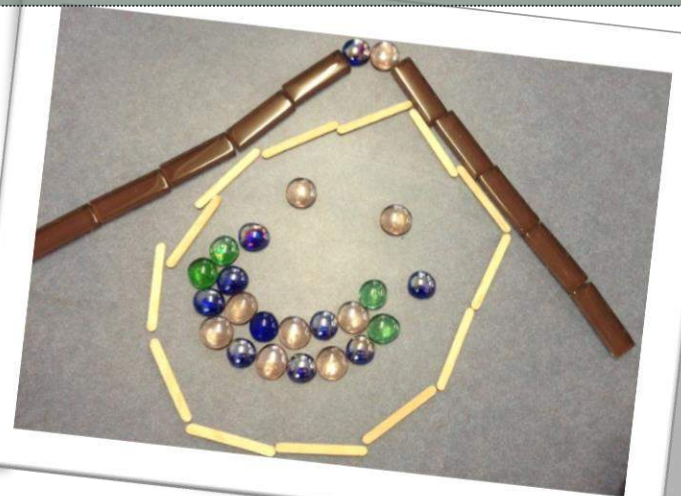
Children who engage in quality play experiences are more likely to have well-developed memory skills, language development, and are able to regulate their behaviour...

leading to enhanced school adjustment and academic learning

(Bodrova & Leong, 2005).

Play creates a brain that has increased 'flexibility and improved potential for learning later in life'

(Lester & Russell, 2008, p. 9).



Calming Techniques



<http://childhood101.com/2015/04/yoga-for-kids/>

www.smilingmind.com.au

Growth mindset

- Believe basic abilities can be developed through dedication & hard work- brains and talent are just the starting point.
- This creates a love of learning & resilience

Fixed mindset

- Believe basic qualities, like intelligence or talent, are simply fixed traits.
- Spend their time documenting their intelligence or talent instead of developing them.
- They believe that talent alone creates success—without effort.

Students' ideas about their ability determine their Learning Pathways. *Carol Dweck*

Mindsets



Growth Mindset
Failure is the most essential step to success





***Emotional regulation
toolbox***

Make your own: Worry dolls



Make your own: Stress balls



Helpful websites for parents -

Raising Children network

www.raisingchildren.net.au

Kidsmatter

<http://www.kidsmatter.edu.au/>

Parent tool kit

www.parenttoolkit.com

School A TO Z for

[childrenhttp://www.schoolatoz.nsw.edu.au/wellbeing](http://www.schoolatoz.nsw.edu.au/wellbeingchildren)

Yoga for Kids

<http://childhood101.com/2015/04/yoga-for-kids>

Brain development

<https://www.youtube.com/watch?v=zLp-edwiGUU>

Thank you

