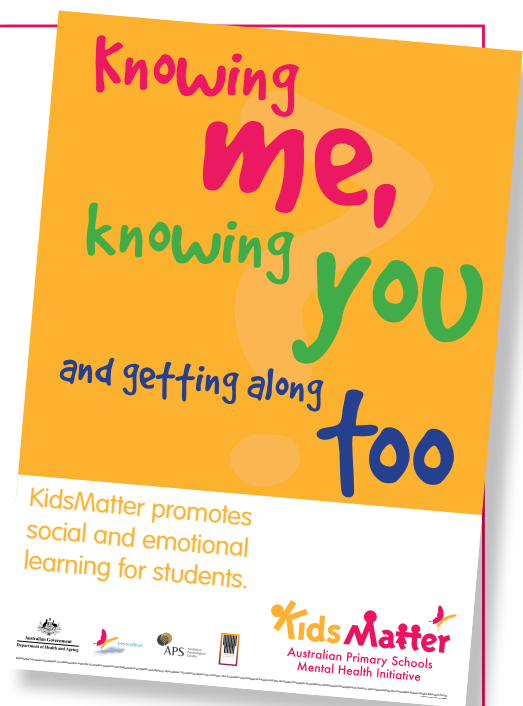


# What social and emotional learning is all about

School is not only about reading, writing and arithmetic. It's also about making friends, learning how to work with others, and knowing how to be more responsible for yourself.

Knowing how to manage feelings and get on with others are important skills for everyone. This kind of learning starts in early childhood with parents and carers as children's most important first teachers.



Research has found that teaching children social and emotional skills at school as well as at home makes a positive difference to their wellbeing. Social and emotional skills help school children settle in the classroom and get on with learning. Useful skills to learn include:

- coping with frustrations or worries
- getting along with others
- solving problems.

The kinds of social and emotional skills that are important for children to develop have been identified by researchers as:

#### Self-awareness

- understanding feelings, self-confidence

#### Social awareness

- respecting and understanding others, and appreciating differences between people

#### Self-management

- managing emotions, being able to set goals and stick to them

#### Responsible decision making

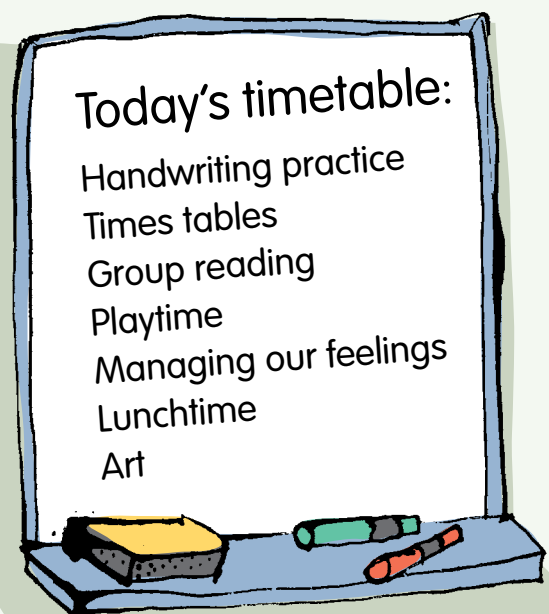
- choosing wisely and thoughtfully

#### Relationship skills

- cooperating, communicating, making friends and resolving conflict.

As part of KidsMatter Primary, your school will be teaching lessons on social and emotional skills to all students.

Research shows that children benefit most from social and emotional learning when it is taught in regular school lessons and matched to children's learning stages. All national, state and territory curricula include personal and social development as a major learning area for primary school children.



## How parents and carers can help

You continue to have a critical role to play in supporting children's social and emotional learning throughout the school years. Your school will let you know what approach they have chosen for their social and emotional learning curriculum so that you can use some of the ideas at home.

To help parents and carers, KidsMatter Primary has put together a set of resources that introduce the ideas behind social and emotional learning and show how they can be used at home with primary school aged children.

Children learn best when they are encouraged to practise the skills they learn at school, at home and in the real world.

Further KidsMatter Primary resource sheets will give you ideas for helping kids manage feelings, make friends, get along with others, solve problems and resolve conflicts. More detailed information on these topics will also be available in KidsMatter Primary resource booklets at your school.

## Other ideas

1. Look in the parent and carer resources area at your school for information on the social and emotional learning program your school has chosen to teach.
2. Ask your child's teacher about the lessons the children are learning and how to build on them at home.

Being able to manage feelings, get on with others and solve problems really helps children learn better and feel better.

Further information on social and emotional learning is available in several KidsMatter Primary resource sheets located in this booklet including; *Social and emotional learning: How it works*, *Helping children cope with fears and worries*, *Learning to manage anger*, *Children and friendship*, *Helping children make decisions and solve problems* and *Learning to resolve conflict* and on our website:

[www.kidsmatter.edu.au/resources/information-resources](http://www.kidsmatter.edu.au/resources/information-resources)

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



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