



Topic: Relationship Management	Unit: Social Communication	Level: Primary
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What is SEL?

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

5 Core Topics of SEL

Chart with brief, very brief definitions (Some type of graphic?)

Visit mylearningtools.org to learn more

What are Social Communication Skills?

Definition

Social communication skills allow us to effectively use verbal and non-verbal language to communicate with others. Social communication skills include learning how to interact appropriately with others, make and maintain healthy friendships, develop an awareness of social norms and cues, coordinate healthy social interactions with others, and effectively communicate feelings, needs, or wants.

Social communication skills are applied using active listening, speaking when it is your turn to speak, appropriate articulation of your feelings or needs, showing empathy and understanding for the other person's feelings or needs, and awareness of the other person's facial and body expressions.

Benefits & Applications

Social communication skills are important to our emotional health and our sense of well-being. Possessing social communication skills facilitates healthier social interactions between individuals in a variety of settings, has positive effects on student academic performance, and leads to less disruptions and behavioral problems in the classroom. More effective social communication fosters better relationships.

1 To 1 Exercises

1. Social Rules

<i>Materials</i> Deck of cards	<i>Setting</i> Anytime
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There are social "rules" that help us become better communicators, such as making eye contact, staying on topic, and taking turns when speaking.



For this activity, the deck of cards acts as a tally for a conversation focused on turn-taking and staying on topic. You can, of course, include making eye contact as well. Begin by choosing a topic of conversation that you and the child are both at least familiar with, such as, homework, playing video games, or favorite restaurants. Then, place the deck of cards in the middle. For each person that takes a turn in the conversation, remove a card and place in a new pile. Have the child begin the conversation and model how to ask a question that stays on topic. Continue to take turns staying on topic, asking and answering questions, making statements, and so forth. See how many cards you can turn over before the topic changes or someone gets stumped on what to say.

2. Emotional Charades

<i>Materials</i> Scraps of paper with prepared feelings or scenarios that provoke various feelings; hat or basket to place cards in	<i>Setting</i> Anytime, in an area with space for movement
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Part of effective social communication is being able to recognize another’s feelings. For this exercise, prepare a set of Emotions Charades cards with a different emotion written on each. For example, happy, sad, angry, frustrated, disappointed, worried and so forth. You can also choose to include scenarios that provoke certain emotions, such as losing a baseball game, getting a new toy, finding a note in your lunchbox, getting in a fight with your sibling, hearing loud thunder, and so forth.

Take turns choosing a card and acting out the emotion. After each turn, be sure to highlight the different characteristics of the emotions. For example, say, “I knew you were acting angry because your eyebrows were turned inward.” Point out features such as body posture, arm gestures and facial expressions that help identify an emotion.

3. What Happened?

<i>Materials</i> Scraps of paper with prepared emotions written on them; hat or basket to place cards in	<i>Setting</i> Anytime
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Using a different approach to the exercise *Emotions Charades*, this exercise involves picking a card with an emotion and then inventing a scenario in which the emotion could be felt. For example, if you choose a card that says, “anxious,” you might say, “Dierdre felt anxious because her family was coming to visit, and she didn’t think she had time to clean her room.”

Additional Resources



Storybooks

Listen Buddy by Helen Lester

Franklin's New Friend by Helene Heine

A Kids Guide to Making Friends by Joy Wilt

People Say Hello by Will Barber

When I Feel Angry by Cornelia Maude Spelman

Andrew's Angry Words by Dortehea Lachner

The Feelings Book by Todd Parr

But I Want It by Dr. Laura Schlessinger

Fascinating Details

- The first written types of communication were drawings on animal skins, wood, and cave walls more than 9,000 years ago.
- Today there are over 6,000 different languages spoken world-wide.
- The brain uses energy to send many small electrical impulses that allow us to communicate.

Just for Fun

Game Time

Card games such as Go Fish and Crazy 8's encourage communication, collaborative playing, and turn-taking. Other board games designed specifically for encouraging conversation can be found through online retailers.

Module Layout & Design ideas for designer:

(Provide web pages that currently offer information similar to this module, keep in mind the specific grade level of the classroom)