

Social and emotional competence



the
education
hub



Social and emotional competence is linked with improved outcomes in all aspects of life. It is essential for achieving goals, meeting challenges, and building relationships.

Teachers can support it by:

Developing strong relationships and a positive and safe social emotional climate

It involves:



Knowledge about emotions



Awareness of our own and others' emotions



The ability to appropriately express and regulate emotions



Social skills, such as empathy, perspective-taking, and conflict resolution



Self-regulation and responsible decision-making

Explicitly teaching about emotions and social skills

Modelling and role-playing strategies for self-regulation

Encouraging socio-dramatic play

Co-regulating very young children's emotions

Offering spaces and activities that allow children to express their emotions or calm themselves