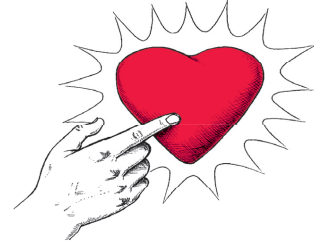


# Teaching Heart



**Developing Children's Social and Emotional Intelligence**  
**Support & Guidance for Parents & Teachers**

## **What is Social and Emotional Intelligence**

**The ability to...**

1. Recognize and manage emotions
2. Care about and respect others
3. Develop positive relationships
4. Behave responsibly and ethically
5. Make good decisions

Source: Sustainable and Schoolwide Social and Emotional Learning by CASEL

### **Emotional Skills:**

Identifying and labeling feelings, expressing feelings, assessing the intensity of feelings, managing feelings, delaying gratification, controlling impulses, reducing stress, knowing the difference between feelings and actions.

### **Cognitive Skills**

Group and interpersonal effectiveness, cooperativeness and teamwork, skills at negotiating disagreements, effectiveness in the organization, wanting to make a contribution, leadership potential, self-talk, reading and interpreting social clues, using steps for problem-solving and decision-

making, understanding the perspective of others, understanding behavioral norms(what is and is not acceptable), a positive attitude, self-awareness.

### **Behavioral Skills**

**Nonverbal-** communicating through eye contact, facial expressiveness, tone of voice, gestures.

**Verbal-** making clear requests, responding effectively to criticism, resisting negative influences, listening to others, helping others, participating in positive peer groups.

Source: W. T Grant Consortium

**Children develop their social and emotional intelligence through quality and heartfelt connection with parents and teachers. How can you connect deeply with your child(ren)?**

### **Steps for Connecting Deeply with a Child**

1. Be aware of a child's emotions
2. Recognize emotional expression as an opportunity for intimacy and teaching
3. Listen empathetically and validate a child's feelings
4. Label emotions in words a child can understand
5. Help a child to come up with an appropriate way to solve a problem or deal with an upsetting issue or situation.

Source: Raising An Emotionally Intelligent Child by John Gottman)

**Mirroring:** I see, I hear, I notice, You feel, You want, etc.

**Validating:** I understand, it makes sense, you are making sense, etc.

**Empathizing:** I'm feeling that with you... I imagine that you are feeling...

## Six Basic Emotions

Happy Sad

Anger Hurt

Fear Love



Tom McSheehy MSW, LSW  
Therapist, Teacher, Consultant

[www.teachingheart.com](http://www.teachingheart.com)

1314 Main St., Suite 203

Louisville, CO 80027

303-955-2816

