



The 5 Social and Emotional Competencies

Social and emotional competencies help children understand themselves and develop a positive sense of self in relation to their peers, family and others in the community.

These competencies are important for their overall learning and development, including motivation, attitude, participation in class activities and academic performance (Kostelnik et al., 2015).

The following five social and emotional competencies contribute to children's personal and social well-being:

Self-awareness

Developing a positive self-concept

Self-management

Managing and expressing emotions in appropriate ways

Social Awareness

Recognising that everyone is unique and showing respect to the people they interact with

Relationship Management

Building positive relationships with others

Responsible Decision-making

Choosing carefully when making decisions