

# **BENEFITS of SOCIAL / EMOTIONAL SKILLS for CHILDREN and YOUTH**

Extensive developmental research indicates that the **effective mastery of social and emotional skills supports the achievement of positive life outcomes**, including good health and social wellbeing, educational attainment and employment **and the avoidance of behavioral and social difficulties**.

There is also a substantive international evidence base which shows that **these skills can be enhanced and positive outcomes achieved through the implementation of effective interventions** for young people.

There are a number of ways of defining social and emotional skills. CASEL (2005) defined social and emotional skills as relating to the development of five interrelated sets of cognitive, affective and behavioral competencies:

- self-awareness,
- self-management
- social awareness
- relationship skills
- responsible decision making

The Young Foundation (McNeil et al., 2012) identified a core set of social and emotional capabilities that are of value to young people. These capabilities have been grouped into seven clusters, each of which is supported by an evidence base that demonstrates their association with positive life outcomes.

These capabilities include;

- managing feelings
- communication
- confidence and agency
- planning and problem solving
- relationships and leadership
- creativity, resilience and determination



**Hudson Valley HorsePlay**, Kerhonkson, provides a unique and powerful platform where children and youth can learn and grow by interacting with horses alongside our certified and seasoned facilitators.

Classes are structured for both individuals, families and groups.

Choose from a one-time workshop or class series: March - December.

**Place an S beside strengths. Place a C beside challenges. Write in OTHERs on back side.**

Self awareness	Productivity	Confidence	Trust of others
Awareness of surroundings	Self control	Following direction	Listening
Awareness of others	Conflict resolution	Managing feelings	Articulating
Self regulation	Social inclusion	Planning	Congruency
Self-expression	Accountability	Problem solving	Honesty
Academic achievement	Responsibility	Decision making	Authenticity
Self esteem	Empathy	Determination	Commitment
Self perception	Leadership	Grit	Engagement
Emotional literacy	Mentoring another	Character	Mindfulness
Civic engagement	Empowerment	Respect for others	Playfulness
Self efficacy	Coping	Respect for authority	Giving Direction
Self-care	Physical Wellbeing	Assertiveness	Other:
Motivation	Creativity	Accuracy	
Focus	Self-direction	Punctuality	
Perseverance	Leadership	Patience	
Resilience	Forging	Tolerance	
	Friendships with peers	Trust of self	
	Communication		