

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