

SOCIAL & EMOTIONAL Development **a closer look**

Social and emotional development consists of five key components.

Here's what they look like:

2 Self-Management

The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal setting
- Organizational skills

4 Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.

- Communication
- Social engagement
- Relationship-building
- Teamwork

1 Self-Awareness

The ability to accurately recognize one's emotions and thoughts, and their influence on behavior.

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

3 Social Awareness

The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, and to understand social and ethical norms for behavior.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

5 Responsible Decision Making

The ability to make constructive and respectful choices about personal behavior and social interactions.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating and reflecting
- Ethical responsibility



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