



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
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PROPERTIES
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Social Intelligence



What is Social Intelligence?

When a person is aware of the motives and feelings of themselves and others, and are able to fit into various social situations with different individuals, they display social intelligence. They are observant in knowing what makes other people tick and capable of reading social cues and emotions. They feel comfortable in communicating appropriately in an array of settings.

Further Information:

Social intelligence (SI) is a concept born out of emotional intelligence (EI), being the ability to identify and understand emotions. Social intelligence involves the ability to use this understanding to work well with others and function effectively within a group or society. Young children can learn about emotions but often do not have the comprehensive ability to grasp how their emotions impact on relationships or social networks. Development of SI and EI skills can help children learn to utilise their understanding of emotions to behave appropriately with others and strengthen relationships as they mature.

<https://www.korerosolutions.com/the-difference-between-emotional-intelligence-and-social-intelligence>

Ways to Increase Social Intelligence:

- Awareness of body language
- Interact genuinely and be present with others
- Prioritise developing social intelligence - reflect on interactions
- Work to build Positive relationships with others
- Identify toxic people and keep your distance
- Validate feelings rather than trying to logically rationalise them



<https://safety4sea.com/cm-7-tips-to-increase-your-social-intelligence/>

SIGNS OF **LOW** EMOTIONAL INTELLIGENCE IN CHILDREN



Shows discomfort in conversations about emotions



Has low self-control and self-regulation



Blames others, shows aggressive behaviors



Doesn't recognize when someone is feeling hurt or sad

@BigLifeJournal

Tips for raising an Emotional Intelligent Child:

- Show empathy – validate feelings
- Model appropriate ways to express feelings – talking/writing not physically
- Teach healthy coping skills – emotional regulation e.g. deep breaths/listen to calm music when angry
- Develop problem-solving skills – resilience and perseverance
- Viewing emotional intelligence as an ongoing goal/journey – there is always room for growth and improvement

<https://www.verywellfamily.com/tips-for-raising-an-emotionally-intelligent-child-4157946>

What our students have to say:

Social Intelligence helps me with my social life and making friends. – Olivia, Year 6

It helps us see how to view people in the modern world. – Kenzie, Year 6

When you're looking at someone and can tell how they feel. It helps me know when someone might need help or cheering up. – Katie, Year 5

WATCH:



How to raise emotionally intelligent children
<https://www.youtube.com/watch?v=6fL09e8Tm9c>

EMOTIONAL & SOCIAL INTELLIGENCE LEADERSHIP COMPETENCIES



Emotional Intelligence 101



<https://www.verywellfamily.com/tips-for-raising-an-emotionally-intelligent-child-4157946>

Social Intelligence



I am aware of and understand my feelings and thoughts, as well as the feelings of those around me.

