



# GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program  
is proudly supported by

## EVANS PROPERTIES

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Living Locally  
Selling Locally

### 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 are capable of reading social cues and emotions. They feel comfortable in communicating appropriately in an array of settings.



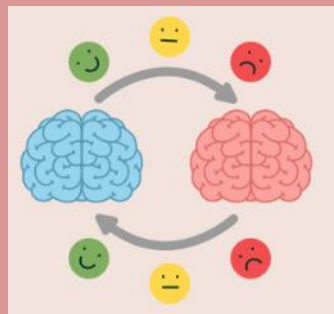
## Social Intelligence



### Social Intelligence



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



### Building the strength of Social Intelligence

Building social intelligence involves developing the ability to navigate and understand social interactions effectively. Here are 3 steps to help you build social intelligence:

1. **Encourage active listening and empathy:** Teach your child the importance of active listening by modelling it yourself. Encourage them to pay close attention when others speak, ask questions to show interest and validate the other person's feelings. Help them develop empathy by discussing how others might feel in various situations.
2. **Foster communication skills:** Help your child build effective communication skills by engaging in regular conversations with them. Encourage them to express their thoughts and feelings openly and respectfully. Teach them the art of non-verbal communication (eye contact, using appropriate body language and understanding social cues).
3. **Promote positive social interactions:** Create opportunities for your child to engage in social interactions. Arrange playdates, group activities or team sports where they can learn to cooperate, share and work with others. Provide guidance on conflict resolution, helping them understand how to handle disagreements and maintain healthy relationships. Encourage them to make new friends and expand their social circle gradually.

### Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

#### EMOTIONAL & SOCIAL INTELLIGENCE LEADERSHIP COMPETENCIES



KEY STEP MEDIA  
keystepmedia.com

### Watch: How to Raise Emotionally Intelligent Children | Lael Stone



### 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