

## Promoting Social and Emotional Competence: Self-Reflection Activity

Not everyone feels confident teaching staff members how to promote social-emotional competence. Perhaps you do not have strong education or training in this area, or perhaps there are new approaches you are not familiar with. Take some time to reflect on your own professional strengths and needs. This will help you do better work with staff members. Then review the materials in the Apply section to find resources you can use to train and support staff members.

Do you feel comfortable <u>providing training</u> on:	Yes or No	If no, how can you increase your knowledge and skill?
Fostering children’s social and emotional development?		
Teaching children to identify and express emotions, including empathy?		
Teaching children relationship and friendship skills?		
Teaching children interpersonal problem-solving and conflict resolution?		
Recognizing developmental delays?		
Recognizing behavioral/emotional problems?		
The impact of loss or trauma on behavior?		
Sensory awareness and integration?		
The impact of issues affecting military families (deployment, PCSing, extended hours, etc.) on children’s social emotional and mental health?		

Please rate the following questions on a scale of 1 (not at all confident) to 5 (very confident). How confident do you feel:

- Talking to staff about the importance of social and emotional development? \_\_\_\_
- Helping staff understand age-appropriate behaviors and social skills? \_\_\_\_
- Discussing social and emotional issues with staff in a cultural context? \_\_\_\_
- Offering staff ideas about fostering social and emotional learning in the classroom or program? \_\_\_\_
- Leading trainings on social emotional development? \_\_\_\_
- Having informal conversations with staff? \_\_\_\_
- Coaching staff to interact with children (listening, appreciating ideas, etc.)? \_\_\_\_
- Encouraging staff to express their feelings? \_\_\_\_
- Expressing your own feelings in front of the staff? \_\_\_\_
- Coaching staff about introducing staffing changes to the children? \_\_\_\_
- Helping children enter new settings? \_\_\_\_

### Next Steps

<p>The three things I feel most confident about are:</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>The three things I want to learn more about or do better are:</p>	<p>1.</p> <p>2.</p> <p>3.</p>