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Social Skills Curriculum Map

Social and emotional competence in young children is the foundation for school success and belonging.

At the beginning of each class, children will be encouraged to discuss real-life situations in which they used their new skill, to reinforce and review the previous lessons.

Day 1: Introduction and Foundation Skills

- maintaining eye contact
- maintaining appropriate personal space
- Importance of following directions in school

Day 2: Affective skills: Understanding emotions part 1

- Learning words for feelings
- Recognizing your own feelings
 - Understanding why different emotions occur
 - How does it feel to be... angry, sad, happy, anxious, scared, frustrated, embarrassed, excited, etc.
 - Check your body for cues... tense muscles, tight face, frown, smile, butterflies, etc.
- Learning different coping mechanisms
 - Practice talking about feelings
 - Deep breaths - smell the flowers and blow out the candle
 - Taking small breaks - “going in your shell”
 - Problem solving

Day 3: Affective skills: Understanding emotions part 2

- Recognizing others’ feelings
 - Decoding body language and facial expressions
- Demonstrating empathy or perspective taking

Day 4: Interaction skills part 1: Interpersonal problem solving/Conflict resolution

- Learning how to identify a problem
- Understanding that solutions have different consequences
 - Stop. Think. Choose.
- Role-play of hypothetical situations
 - fighting over a toy, being called a name,

Day 5: Affective skills part 2: Anger management

- Learning how to inhibit impulsive reactions
 - Recognizing anger can interfere with good problem

solving

- Recognizing anger in themselves and others
- Understanding anger is an okay feeling to have, but not okay to carry out by hitting or hurting others
 - controlling angry reactions
 - deep breaths
 - stop and think, then talk to the person
- Understanding when to apologize

Day 6: Interaction skills part 2: How to talk to and play with friends

- Learning how to listen carefully and how to tell something to a friend
- Learning how to give suggestions rather than making commands
- Learning how to ask to join a group of children who are already playing