

# GYMBOREE PRESCHOOL 7 SOCIAL SKILLS

Our Preschool class program is developed around the following 7 social skills that will help your child problem solve, make friends, work through challenges, handle frustration, and deal with their emotions in appropriate ways and provide them with the knowledge of 'how to learn'.

## 1. Communication

The capacity to communicate is the ability and desire to connect with others through the exchange of ideas and feelings, both verbally and non-verbally. Communication is essential for building strong, healthy relationships. It is also critical for success in school as children are expected to share their ideas and feelings with teachers and peers, to use communication skills to solve problems, resolve conflicts, build relationships with others, process new information, and ask and answer questions.

## 2. Confidence

Confidence is a belief in your ability to master your body, behaviour, and the challenges you encounter in the larger world. Children who are confident are eager to learn new skills and face new challenges. They also expect adults to be helpful and supportive of their efforts.

## 3. Cooperation

Cooperation is the ability to balance one's own needs with those of others. While we often think of cooperation as children doing what adults want, this can actually be mistaken for compliance. True cooperation means engaging in a joint effort, a give and take that is satisfying to both partners. The ability to cooperate with peers is essential for school success. Learning happens within the context of a group. Cooperation is also critical to a child's ability to form friendships in school and beyond, as they learn to balance their own needs and desires with those of peers and teachers. Learning to cooperate requires other crucial skills including self-control, conflict resolution, negotiation, coping skills (to manage frustration and disappointment), and cognitive planning skills as children are able to identify a goal and collaborate with others to reach that goal.

## 4. Curiosity

Curiosity is the desire to learn. It is an eagerness to explore, discover and figure things out. The more curious a child is, the more he or she learns. Curiosity is at the heart of lifelong learning and school success.

## 5. Intentionality

Intentionality is the desire and ability to have an impact on the world and the determination and persistence to act on that desire. While children are born with an innate motivation to explore and learn, intentionality is the driver that enables them to accomplish their goals. The ability to identify a goal and develop a plan or series of steps to reach that goal allows children to master new skills and concepts.

## 6. Relatedness

Relatedness is the ability to form positive connections with others. Establishing a healthy, satisfying relationship with another person, whether it is a teacher or a peer, is essential to success in both school and life. Children build relationships with others and learn in the context of these relationships, as they work on group projects in the classroom, share work spaces and materials, resolve conflicts, solve problems, work together as a team, etc.

## 7. Self-Control

Self-control means being able to express our strong emotions in appropriate ways. For a toddler, this may mean saying, “I’m upset” instead of pushing. Self-control is also a cognitive process, deciding which of our impulses to act on. Developing self-control begins at birth and continues across our lives. It is a skill that is critical as it means that children can function effectively in groups, cope with strong emotions, express themselves appropriately, make wise behavioural choices and establish healthy relationships with others.