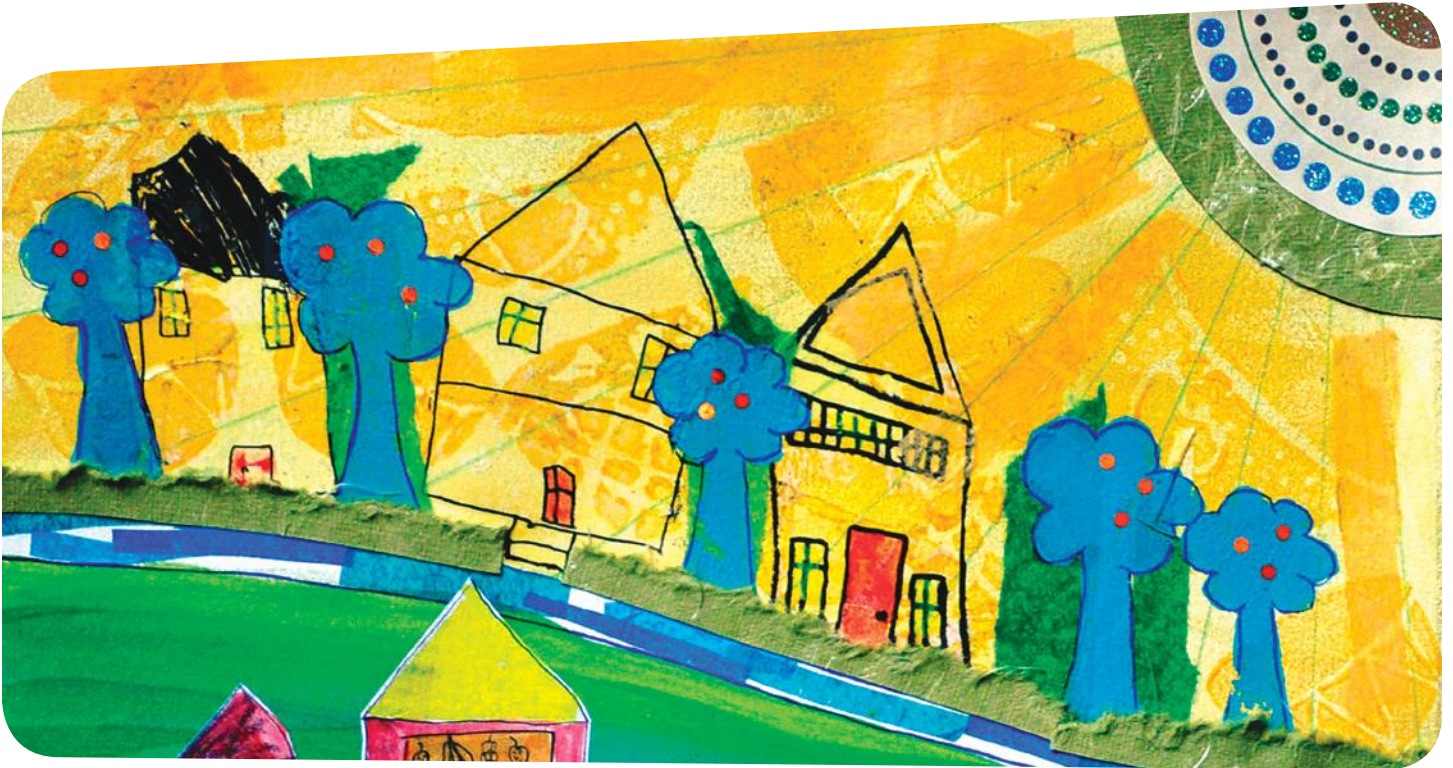




Success In School Isn't Just About Studying

Working hard and good study skills are important for school success.



However, children also need to know how to:

- Be aware of their own thoughts and feelings
- Manage big feelings like anger, frustration and excitement
- How to work together and get along with others
- Learning these social and emotional skills helps children feel good about themselves, make friends and work with others

Teach children:

- How to express their feelings by talking about the names for feelings: anger, sadness, happiness, excitement, pride, fear, shame
- How to tell what someone else is feeling
- How to imagine what someone else might be thinking or feeling
- What to do when you disagree with someone
- What to do when you feel hurt, angry or upset
- Children learn emotional and social skills by watching and copying what others do



Parents can:

- Talk about your thoughts and feelings when you are upset or disagree with someone
- Ask questions to get kids to think about how other people might feel
- When you read books or tell stories, talk about how the characters feel
- Encourage your child to play with others. If your child doesn't have other children to play with, try visiting places where they can meet other kids like Strong Start, the park, community centre programs or the library
- Encourage your children to explore after school activities such as a team, choir, or club

Like learning to walk or talk, learning to get along with others is something all children will learn to do with practice.

REMEMBER: Parents, caregivers and friends can help by showing what to do, talking about how others feel, and providing lots of ways to practice making - and keeping - friends.