

# Responsible decision making

## Social awareness

## Relationship skills

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# Responsible decision making



The ability to make constructive and respectful choices about personal behaviour and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others

# Importance



- Children make decisions all the time, but most of them are based on emotions or fear. Instead, we must teach them to make thoughtful choices.
- Decision-making is a complex process that takes practice and improves with experience
- We need to hone their critical and creative thinking from a young age.
- Start with letting them make small choices that will teach them to think ahead. With each right decision, they will grow to be a confident

# Practical Tips



- Encourage goal setting : Start with something simple and help them arrive at a decision that will help them achieve their goals
- Ask questions that make them think: Asking thoughtful questions will help hone decision-making skills. Questions like ‘why do you think that’s the best choice’, or ‘why would the first option work better than others’
- Give them choices : should we do artwork now or listen to a story? Would you like me to tell something about the writer of this poem before we learn it?



- **Practice** age-appropriate decision-making skills : for young children choosing between two three things is appropriate, for older children different other decisions can be added
- **Including them** in some family decisions when they reach school age is good; simple budgeting, choice of order in which to complete tasks for an activity etc

# Games That Promote Good Decision-Making

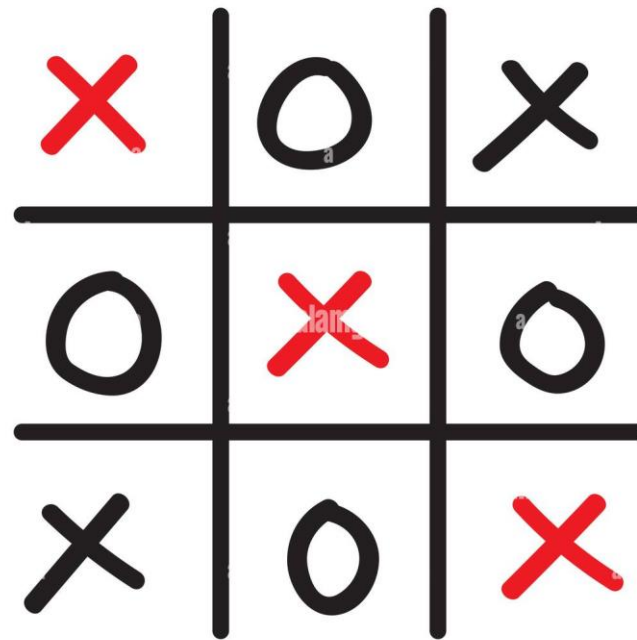
- **Musical Chairs** : As fun as musical chairs can be, it is definitely a game that teaches children to make fast, on-the-spot decisions. If they make the right choice, they will still be in the game, or they are out.
- **Hide and Seek** : children already know and love hide and seek. Add new rules to the game, like they cannot hide in the same place twice or limiting the areas to hide. This will compel them to think of new hiding places continually or how to 'hide better' in the same areas. The wrong choice will get them caught.



- Zeros and X game : This game requires them to focus on winning and keeping an eye on the opponent to stop them from getting three Zeros or Xs in a row.
- It requires concentration and practice, but children will enjoy this game once they get the hang of it.



# Zeros and X game







- Use stories and ask decision making questions;  
Eg. Would you like to be a tortoise or a Hare?
- **Story completion, guessing the progression of the story , deciding how it should end**
- Pick up sticks : throw a bunch of sticks on the table. Ask the child to pick up sticks one after the other without disturbing the other sticks. As they progress, game gets tough and decisions have to be made to continue to collect sticks



- Dominos play for young children: decisions about the order, sequence , colour coordination etc





- **Memory games with picture cards**
- Game where they have to choose specific number of items, what will they choose
- **Role play**
- Games like Chinese Checkers, Monopoly
- **Get children to pick dinner items by checking the fridge and kitchen**
- Lego building play...give a theme eg: a zoo, park, post office, hospital, road intersection etc

# Social awareness



- The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.
- The ability to understand social and ethical norms for behaviour and to recognize family, school, and community resources and supports.



- Social awareness, or socialization, is an important skill for children to develop in order to build positive relationships and make responsible decisions.
- In addition to improving relationships and communication skills, social awareness is also important for our own emotional well-being.

# Facets of Social Awareness



- 1. Active listening:** Active listeners do not speak over others; instead, they hear their point of view and remain respectful in conversation.
- 2. Nonverbal cues:** not all forms of communication are verbal, which is why non verbal cues are also essential to social awareness. Attention to body language and facial expressions also informs one's social understanding.



**3. Informed responses:** Finally, people can make informed responses through active listening and reading nonverbal cues. This means contributing to social interactions in a productive, open-hearted way that responds to the conversation's tone—be it easy going, professional, or serious.

# Social Awareness Examples



- **Empathy:** People with strong social awareness show empathy to others when situations call for it by understanding others' emotions.
- **Interpersonal skills:** Being able to engage with others comfortably, regardless of different backgrounds, is an important skill





- **Problem-solving:** Practice social awareness by respecting the perspectives of others and responding to them with kindness and openness.
- **Self-management:** Social awareness means practicing **self control**, which may mean speaking less and listen more to maintain harmony in a group setting.

# Improving Social Awareness



- **Prioritize mental health and self awareness as a starting point**
- Openness to experience is important for social awareness
- **Express gratitude to enhance social influence**
- Think before you speak , sharing ideas more important than being one up on others

# Activities for young children

- Activities and games for socialization are a great way for your child to learn how to behave around their peers. Games can teach skills like **taking turns, managing emotions, and reading body language.**





## **Staring Contest**

- Many children have trouble maintaining eye contact in conversation. A staring contest can help kids make and keep eye contact in a way that allows them to focus on that task, rather than trying to communicate simultaneously

## **Roll the Ball**

- take turns rolling a ball back and forth between them, laying the foundation for other social skills

# Emotion Charades

- Emotion charades involve writing different emotions on strips of paper. Children pick one out of a hat or bucket. Then, they must try to **act out that emotion**. Emotion charades can help children learn to recognize emotions using facial and body cues.





## Mimicry

- When you play this game with children, you are teaching social skills with expressions.
- Mimicking your expressions allows child to understand what certain expressions mean and recognize them when others make them in real conversations



## Step Into Conversation

- Step Into Conversation is a card game made for children with autism. The game presents structured social skills activities, like starting a conversation and talking about specific subjects based on cards. The game helps them learn how to talk to others appropriately and carry a conversation with perspective and empathy.
- This is good for any child to learn social awareness

# Improvisational Stories

- For this activity, place cards with pictures or words face down. The child picks three of these cards, and they must include these objects or topics in the story they tell. The game ends when all the cards are gone, or the children reach the end of their story.





# Activities for school going children



- Team games Eg: building activities, project works
- work with each student to set a **SMART** goal for themselves. The SMART in SMART goals stands for Specific, Measurable, Achievable, Relevant, and Time-Bound.
- Kindness activities; narrate their acts, do one at least in a given time frame



- **Develop awareness of feelings through observation** – children can be shown films, enacted stories, read stories and discuss feelings of characters
- **Art** can be the perfect tool to target social emotional skills with kids and young adults. Talk About Managing Emotions.



- Regularly organizing **class meetings** lets students share their ideas and concerns. It also develops leadership and public speaking skills.
- Write a journal to express own feelings, and others behaviours and feelings



- **Community Gardening** : Community gardening works differently than other social skills activities in that it teaches children to nurture a living thing.
- **Team Sports** : Team sports show children how to work together toward a common goal and keep their focus on the game.
- They also learn to recognize emotions, like when someone gets hurt or scores a goal, and react appropriately when they win or lose.



- **Productive Debate** : A productive debate works well for older children to learn how to manage emotions and work on positive expression, even in challenging situations.
- They learn how to have difficult conversations calmly, without turning them into an argument or trying to insult the other person.

# Relationship skills



- The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups
- Relationship skills include abilities such as: **Listening actively, communicating effectively, and self-advocating.** Developing mutually healthy and productive relationships. Making and maintaining trusting, respectful friendships.

# Relationship skills



- Friendliness
- Fairness
- Respect
- Trust
- Loyalty
- Honesty
- Faithfulness

# Tips for Healthy Relationships



- Keep expectations realistic
- Talk with each other
- Be flexible
- Take care of yourself, too
- Be dependable
- Fight fair
- Be affirming
- Keep your life balanced
- It's a process, remember
- Be yourself! Don't pretend



# Activities



- Turn & Talk : ask students to have brief turn and talk about personal preferences, opinions
- Greet each other at the beginning day or end of the day. It could be a hug, high-five, handshake or a Namaste
- End of the day question that students must answer before they leave Eg: what did you enjoy most today , what are your expectations for tomorrow?



- Talking about themselves to the group sitting in a circle
- Secret observation: Observe one student a whole week to check for their good , kind and talent related behaviours and note them. On the last day, reveal the name and the admirable behaviours and reward them any way feasible.



- **Board Game:** This activity gives students the opportunity to learn about one another and play a game at the same time! During this game, students take turns rolling a die and moving that many spaces.
- **Then, they answer the question on the space they land on. The questions are all designed to help students learn about each other and create connections. Eg: what did you think of the place?**

# Adults' role



- Relationship skills are often learnt from observations. Adults must model the right behaviours in interpersonal interactions
- Adults must use the right kind of expressions, words, and gestures to help youngsters emulate them
- Adults themselves must show good relationships among themselves
- When ever possible emphasize the importance of relationships to children and what behaviours help them



# Conclusion

- Socio emotional learning competencies are all inter related and it goes without saying that when we give activities to children, more than one SEL skill is addressed and facilitated.
- While separate time or attention to SEL activities is difficult in regular classrooms, taking small units of time, creating lesson related class activities with SEL components added, can go a long way in training children in SEL.
- It is also important that we as teachers **model** all SEL skills so that we become the role models for children.



**Thank you for your kind attention**

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