

# Develop the Whole Child



## Social Intelligence

Social Intelligence is understanding other people and acting wisely in response. It will allow one to earn the trust of others and deepen relationships. It enables you to understand what motivates other people, how they're feeling, and why they see the world the way they do.

Social Intelligence is not identical to Emotional Intelligence, although understanding and regulating emotions can lead to stronger Social Intelligence.



## Ways to Practice

Become a Master Listener . . .

- practice active listening (paraphrasing, asking questions, acknowledging) and avoid interrupting;
- respect others' viewpoints and perspectives;
- don't impose your beliefs on others;
- learn to be empathetic - first, acknowledge your feelings, then try to become better at understanding what others are feeling (what it's like to "be in their shoes");
- volunteer to help others in need.



# Ways to Praise

Praise the strategy, be specific about the behavior you are observing, and praise the effort. For example, "I noticed how you tried to feel what the other student was feeling, you came up with some strategies for solving the problem, and didn't let your emotions get the best of you."

## Teachers who show social intelligence . . .

- really listen to students;
- build relationships with students and parents and make them feel like valued partners in the educational process;
- practice vulnerability;
- interact with students based on who the students are as individuals.



## Social Intelligence

## Students who exhibit social intelligence show . . .

- empathy for others;
- help resolve conflicts involving themselves and others;
- adapt their behaviors according to different social settings;
- really listen to friends;
- have the ability to develop new friendships;
- and help other new students adapt.

Resources	Character Strengths and Virtues by C Peterson and M Seligman; Yale Center for Emotional Intelligence
Videos	<ul style="list-style-type: none"><li>• <a href="https://vimeo.com/99860249">https://vimeo.com/99860249</a></li><li>• <a href="https://www.youtube.com/watch?v=QGfXKCh02xo&amp;disable_polymer=true">https://www.youtube.com/watch?v=QGfXKCh02xo&amp;disable_polymer=true</a></li><li>• <a href="https://www.youtube.com/watch?v=T62WGq6e24U">https://www.youtube.com/watch?v=T62WGq6e24U</a></li></ul>
Research	Teaching Teenagers to Cope with Social Stress by Jan Hoffman, New York Times, Sept. 29, 2016