



Social and Emotional Well-Being (Growing, Growing Strong)

Connie Jo Smith, Charlotte M. Hendricks, Becky S. Bennett

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Young children are better able to cope with their ever-changing world, overcome obstacles, and grow into emotionally healthy adults if they are provided opportunities to build their self-awareness and confidence. Help children appreciate themselves and others, explore relationships, and develop coping mechanisms for dealing with change and difficult events in their lives as they learn about self-esteem, emotions and feelings, family, friends, and changes in life.

The curriculum includes

Overviews of the six social and emotional well-being topics

Suggested interest area materials and supports for creating the learning environment

Learning objectives and vocabulary words to introduce and use

Suggestions for evaluating children's understanding of each topic

More than 30 hands-on classroom activities

Family information and take-home activities

This book is part of the Growing, Growing Strong series, a whole-health curriculum for children age three through kindergarten. Together, the books provide a complete set of activities and resources to help you support children's growth and wellness.

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