



Power of Cooperation

Overview

WHAT IS THE **POWER OF COOPERATION**?

Cooperation skills are needed for effective communication and collaboration with others and include respect for each other, taking an active part in interactions with others, and adhering to rules of conduct.

WHY IS THE **POWER OF COOPERATION** IMPORTANT?

- Cooperation skills are needed for effective communication and collaboration with others and include respect for each other, taking an active part in interactions with others, and adhering to rules of conduct.
- Children learn the foundations for solving social conflicts, including how to better communicate with others, find creative solutions to social challenges, and seek support from peers or adults in times of need.
- Adults can help create opportunities for children to practice communicating and cooperating with peers through tasks, games, or other activities so that they can learn how to collaborate in different settings and with diverse individuals.

WHICH SKILLS ARE TARGETED BY **COOPERATION KERNELS**?

- Teamwork
- Building relationships
- Conflict resolution
- Leadership



Power of Mindfulness

Overview

WHAT IS THE POWER OF MINDFULNESS?

Mindfulness includes regulating the body, emotions, thoughts, and behavioral reactions to stress or difficult life experiences.

WHY IS THE POWER OF MINDFULNESS IMPORTANT?

- It is difficult for students to learn and play with others when they are experiencing stress or distress. Mindfulness helps students regulate their bodies, feelings, and thoughts in times of stress and dysregulation.
- The power of mindfulness also includes other attitudes, mindsets, and skills that support overall wellbeing including optimism, self-awareness, and self-confidence. By practicing emotional regulation and mindfulness, children can increase their ability to calm down and their self-knowledge.
- Adults can help children learn these skills by creating opportunities for children to practice strategies for emotional regulation. Adults can also offer support when children are in challenging situations by modeling and verbalizing how they can persevere with positive self-talk and optimism.

WHICH SKILLS ARE TARGETED BY MINDFULNESS KERNELS?

- Positive thinking
- Optimism
- Coping with distress
- Grounding
- Self-awareness
- Self-confidence



Power of Cognitive Skills

Overview

WHAT IS THE **POWER OF COGNITIVE SKILLS**?

Cognitive skills such as executive functioning and critical thinking enable children and youth to process information and manage their thoughts, feelings, and behavior toward the attainment of a goal.

WHY IS THE **POWER OF COGNITIVE SKILLS** IMPORTANT?

- Cognitive skills help students when they are faced with everyday tasks that require self-control, concentration, planning, problem-solving, coordination, or making conscious choices between different options.
- Children need a lot of practice with these skills. Practicing these skills can help children engage more deeply in learning, work with more independence, and take on new or more complex learning tasks.
- Adults can help by modeling different strategies they use to support these skills (e.g., making lists), explicitly teaching these skills, and giving children multiple opportunities to practice and engage in conversation about them. They can help by supporting children to notice when they are using or growing these skills during the day.

WHICH SKILLS ARE TARGETED BY **COGNITIVE SKILLS KERNELS**?

- Focus
- Engagement
- Working memory
- Listening skills
- Self-control
- Goal setting
- Critical thinking
- Creativity



Power of Emotional Intelligence

Overview

WHAT IS THE **POWER OF EMOTIONAL INTELLIGENCE**?

Emotional Intelligence includes recognizing, interpreting, and responding to one's own emotions and those of others, as well as the skills to understand and accept different emotional states and other people's points of view.

WHY IS THE **POWER OF EMOTIONAL INTELLIGENCE** IMPORTANT?

- Emotional Intelligence is needed for children to effectively identify and respond to emotions. Learning how to recognize and express emotions helps children manage their emotions and respond to the emotional states of others.
- Emotional Intelligence is critical to positive social interactions and building relationships with peers and adults. The ability to recognize and regulate emotions and to understand others' perspectives, needs, or feelings helps students to have positive relationships with others.
- Adults can help by modeling different strategies they use to support these skills (e.g., naming emotions as they arise, taking deep breaths to calm down, etc.), explicitly teaching emotional vocabulary, and giving children multiple opportunities to practice and engage in conversation about emotions.

WHICH **SKILLS ARE TARGETED BY EMOTIONAL INTELLIGENCE KERNELS**?

- Emotion recognition and understanding
- Emotion expression
- Emotion regulation
- Empathy