



Friendship Curriculum

SOCIAL AND EMOTIONAL SKILLS TO LEARN

Children need time and space to learn a new skill and practice to build fluency in the skill. This practice happens through play, and play happens in preschool. Instruction is more effective when it is embedded in the meaningful activities and contexts that occur throughout a child's day (Katz & McClellan 1997).

It is important for children to build a strong foundation in preschool before venturing into Kindergarten. We teach and practice the following friendship skills:

- Following rules, routines, and directions
- Using the bathroom independently
- Identifying feelings in oneself and others
- Controlling anger and impulses
- Problem-solving
- Suggesting play themes and activities to peers
- Sharing toys and other materials
- Taking turns
- Helping adults and peers
- Transitions successfully
- Giving compliments
- Understanding how and when to apologize
- Expressing empathy with others' feelings
- Recognizing that anger can interfere with problem-solving
- Learning how to recognize anger in oneself and others
- Learning how to calm down
- Understanding appropriate ways to express anger
- Taking responsibility for their belongings
- Dressing themselves independently

Through a Reggio Emilia approach, our friendship curriculum implements a systematic teaching approach that allows children to acquire and use new skills efficiently, over time, and in various situations. When young children do not know how to identify emotions, handle disappointment and anger, or develop relationships with peers, we teach!