



Social–Emotional Learning (SEL)

Support Program



www.cognikids.org



Program Vision



The Social–Emotional Learning (SEL) Support Program is a nurturing, developmentally informed pathway designed to help children build emotional awareness, interpersonal skills, self-regulation, and responsible decision-making. Grounded in psychology, cognitive science, and child development, the program blends structured routines with interactive, multimodal tools that empower children to understand themselves and connect meaningfully with others.

The vision is simple yet profound:

To equip every child with the emotional intelligence and social confidence they need to thrive—at school, at home, and in the world.

By combining visual supports, audio-guided learning, real-world scenarios, and practical self-regulation strategies, the program helps children learn how to identify emotions, communicate needs, navigate conflict, solve problems, build empathy, and form healthy relationships. It is inclusive, strengths-based, and designed to meet children where they are, helping them move forward with confidence and resilience.

Program Overview

Social–emotional learning is essential for every child. Some children struggle with identifying feelings, managing big emotions, understanding social cues, or navigating the complexities of friendships and cooperation. This program introduces SEL through structured, repeatable, child-friendly tools that encourage emotional growth.

Component of the program support five core SEL competencies:

- 1. Self-Awareness**
- 2. Self-Management**
- 3. Social Awareness**
- 4. Relationship Skills**
- 5. Responsible Decision-Making**

Using interactive visuals, guided audio, modelling, reflection prompts, and practical everyday examples, the program makes SEL concrete, understandable, and applicable across settings.

Core Components of the Program



1. Zones of Emotional Awareness and Regulation (Emotion Identification Framework)

Children learn to identify their emotions and those of others.

Visuals, audio cues, and simple language help children recognise:

- What they feel
- Why they feel it
- How emotions change
- How to choose tools to calm, energise, or refocus

2. Social Scenarios and Role-Play Simulations

Using multimedia scenes—pictures, simple animations, and audio prompts—children explore:

- Conflict resolution
- Sharing and cooperation
- Understanding different perspectives
- Reading non-verbal cues
- Making supportive choices

These scenarios allow children to *practice* social behaviour in a safe, structured environment.

3. Emotional Vocabulary Development

Using visuals and sound-supported flashcards, the program expands emotional language beyond “sad,” “happy,” and “angry.”

Children learn nuanced words like:

- *frustrated, overwhelmed, jealous, curious, embarrassed, calm, hopeful*

Building emotional vocabulary strengthens communication and reduces behavioural frustration.

4. Social Context and Relationship Building Modules

Children learn how to interact in various social settings:

- Classroom expectations
- Playground interactions
- Home routines
- Group work
- Sharing space and materials

Real-life examples help children understand the “hidden rules” of different environments.



5. Responsible Decision-Making Pathways

Children learn to think through choices using step-by-step guided prompts:

- What happened?
- How do I feel?
- What might happen next?
- What is a better choice?
- Who can help?

These activities build critical reasoning, reflection, and emotional maturity.

Challenges We Address

Below are the most common SEL challenges children experience

1. Difficulty Identifying and Communicating Feelings

Many children struggle to name emotions or explain what they need.

Our Difference:

- Visual emotion boards support recognition
- Audio prompts help children connect words to feelings
- Simple questions build emotional expression
- Real-time adaptability enables personalised learning

This multi-sensory approach reduces communication frustration and builds confidence.

2. Emotional Dysregulation (Big Emotions)

Children may become overwhelmed, shut down, or react impulsively.

Our Difference:

- Visual activities and checklists
- Routines that teach predictable regulation strategies

Children learn *consistent, self-directed* regulation strategies.

3. Social Cue Misunderstanding

Misreading facial expressions, tone, or social context is common.

Our Difference:

- Picture-based role-play
- Multiple-choice social scenario predictions
- Step-by-step modelling of healthy responses

This builds perspective-taking and empathy.



4. Conflict Resolution Difficulties

Children may fight, avoid, or withdraw.

Our Difference:

- Problem-solving pathways
- Visual guidance for turn-taking, sharing, negotiating
- Story-based examples with positive models

Children learn *what* to do and *how* to do it.

5. Low Self-Esteem or Confidence in Social Settings

Children may hesitate to join activities, ask questions, or initiate friendships.

Our Difference:

- Strength-based feedback visuals
- Encouraging audio narrations
- Success-pathway activities that highlight small wins
- Scaffolding social participation in steps

This builds internal motivation and social courage.