

Resilience-Promoting Skills

Skills Category	Definition	What to Look For
EMOTIONAL SKILLS	The ability to recognize, understand, and manage emotions effectively. This category includes building confidence, regulating emotions, and also recognizing the emotions of others.	Expressing feelings appropriately, identifying emotions in themselves and others, using coping strategies to manage their feelings, seeking help when needed.
SOCIAL SKILLS	The ability to form positive relationships with others and to navigate social situations effectively.	Engaging in cooperative play, showing compassion toward others, resolving conflicts peacefully and respectfully.
COMMUNICATION SKILLS	The ability to express oneself clearly and effectively, and to listen and understand others.	Engaging in group discussions, asking questions and actively listening to others
EXECUTIVE FUNCTION SKILLS	The ability to set goals, make decisions, problem solve, and plan for the future. These skills help us make sense of the world and are foundational to taking wise action in our lives.	Setting goals, creating plans to achieve goals, breaking down tasks into manageable steps, managing time effectively, maintaining focus on tasks, persisting through challenges.