

The Resilient Child Camp

Bringing social-emotional skills to life



**Social-
Emotional
Learning**

**Camp
Activities**

What is Social-Emotional Learning

Think of a young person in your life.

What skills will they need to achieve their hopes and dreams?

Chances are, you just named social and emotional skills — like staying motivated, communicating effectively, practicing curiosity, and working with others to solve problems. Social and Emotional Learning, or **SEL**, helps develop the skills we need for life.

There isn't a one-size-fits-all approach or a quick fix — it works best when schools, families, and communities work together.

At The Mindful Camp, we teach these concepts in classroom settings and bring them to life through camp activities.

5 Competencies of SEL



SEL-skill : **Social Awareness**

Date: 24 November 2025 and 8 December 2025

	Lesson concepts	Learning objectives
Lesson 1 Perspective-Taking	Empathy, perspective, fairness	<ul style="list-style-type: none">- Recognise others' feelings and viewpoints- Identify what shapes our perspectives- Adjust responses after considering another's view
Lesson 2 Recognising Social Cues	Nonverbal signals, tone, interpretation	<ul style="list-style-type: none">- Identify common social cues- Interpret meanings behind body language and tone- Practise clearer expression through nonverbals
Lesson 3 Appreciating Differences	Understanding and valuing individual differences, personal strengths, and unique perspectives	<ul style="list-style-type: none">- Identify ways people can be different (interests, strengths, opinions, backgrounds). - Recognise that differences make teamwork and friendship more interesting. <ul style="list-style-type: none">- Practise inclusive behaviours that help everyone feel they belong.
Lesson 4 Empathy in Action	Emotional attunement, compassion, empathic listening	<ul style="list-style-type: none">- Define empathy vs sympathy- Practise empathetic responses- Reflect on situations needing empathy

SEL-skill : **Relationship Management**

Date: 1 December 2025

	Lesson concepts	Learning objectives - Identify
Lesson 1 Active Listening & "I" Messages	Communication, feedback, self-expression	elements of active listening - Construct and use "I" statements - Apply in peer role-play
Lesson 2 Conflict Resolution & Negotiation	Problem-solving, negotiation, emotional regulation	- Recognise conflict triggers - Apply step-by-step conflict resolution - Practise negotiating win-win outcomes
Lesson 3 Trust and Accountability	Integrity, reliability, repair	- Define trust and accountability - Identify trust-building vs trust-breaking behaviours - Commit to one's trust-building action
Lesson 4 Maintaining Healthy Relationships	Boundaries, respect, relational maintenance	- Identify signs of healthy vs unhealthy relationships - Practise respectful boundary-setting