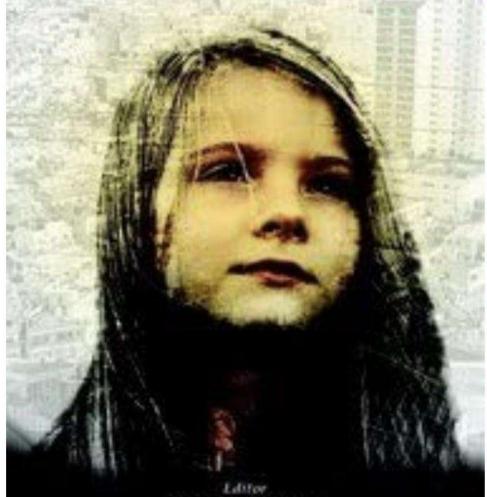


REFLECTIONS

SKILLS FOR SOCIAL AND EMOTIONAL WELL BEING



Dr. Rekha Sapra



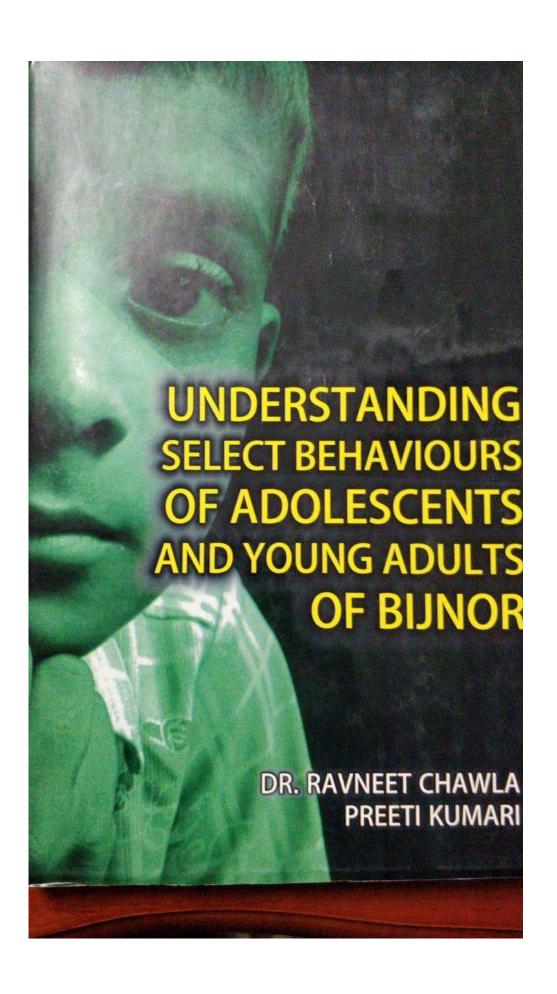
Social and emotional skills are essentially the life skills which are of crucial importance in the life of a developing child. These skills are related to academic performance, adjustment and well being during

continuous competencies contribute to a sense of well being in children and promotes development in cognitive domains as well. Studies have proved beyond doubt that the school grades or school behavior by no means predicts well being, success or happiness rather it is the negotiation skills, ability to form and sustain relationships, empathy, effective communication and conflict resolution which contribute to the well being and sense of being successful. The articles included in this book resonate these concepts of well being at different stages across the life span. The book attempts to present the standard and the latest subject matter in a lucid style and in simple language for the

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