

# ***Workshop Tools for promoting psychosocial skills in education***

*France*

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# Psychosocial Skills

- Different definitions to psychosocial skills.
- In France = psycho-social skill has a much wide definition and includes social, emotional, mental, and motor domains.
- Psychosocial support is considered to be a transversal way of working and an important component of high-quality interventions designed to positively impact the wellbeing of young people.

# In France

- Since 2006, in France, Psychosocial skills are integrated social and civic skills, autonomy and initiative throughout schooling.
- In the school, evidence-based psychosocial skills education programs should be offered to all students.

These skills are particularly worked with drop out young people .

# For us, there are 10 skills appear in couple

To be able to  
solving  
problem  
/  
To be able to  
take decision

Have a creative  
thought  
/  
Have a critical  
thought

How to  
manage stress  
/  
How to  
manage  
feelings

To know how to  
communicate  
effectively  
/  
To be skillful in the  
interpersonal  
relations

To be aware of  
oneself  
/  
have some  
empathy for the  
others

- These skills allow will be times throughout the life when we'll need conflict resolution, stress-management and problem solving skills too.
- Psychosocial skills allow us to interact with, perceive, influence and relate to others. Psychosocial skills include our ability to appropriately experience, display and perceive emotional states and relate these to the events and environments where they occur.

# How to work skills in the elementary school

## Fallow-up tools of children's psychosocial skills

MENTAL SKILLS		Total
1. Learning	The child understands the instructions for an activity or the rules of a game, applies them, and puts into practice what has been learned	
2. Concentration	The child is able to concentrate on a task, and pays attention to what is said	
3. Thinking	The child knows how to analyse and look for solutions, they set up strategies to reach objectives	
4. Imagination	The child is inventive and likes imagining stories in his own imaginary world	
5. Self-knowledge	The child knows their likes and dislikes and can talk about them	

# How to work skills in the elementary school

PSYCHOSOCIAL SKILLS		Total
6. Confidence	The child is appreciated and integrated in the group, and feels at ease with the others	
	The child is able to do things by themselves	
7. Respect	The child respects the others, and is neither physically nor verbally aggressive	
	The child respects the equipment and tools, and does not damage them	
	The child respects the rules of group life, and does not cheat at games	
8. Expression of emotions	The child expresses their feelings, wishes, fears, and speaks about themselves	
	The child is able to handle their own strong emotions, and knows how to calm down	
9. Cooperation	The child knows how to play in a group in order to reach a common goal	
	The child helps the others, and shows solidarity	

# How to work skills in the elementary school

<b>10. Conflict management</b>	The child can express their disagreement in a non-violent way, and can accept a compromise in a dispute
<b>11. Responsibility</b>	The child involves themselves actively when interested in something
	The child does the tasks assigned
	The child perseveres when faced with a difficulty
<b>12. Adaptation</b>	The child is open to new activities, and adapts to changes
<b>13. Communication</b>	The child expresses themselves clearly
	The child can speak in front of a group



# three games to build these skills

