

## 4.2: Outcome 2

### Social and emotional awareness

**Participants are developing their self-awareness and social skills, and their appreciation of the contributions and achievements of themselves and of others.**

#### Indicators

The participants you work with:

- » Are learning to recognise their own and others' strengths and current limitations, valuing the contribution of others.
- » Are learning to or can manage their emotions.
- » Are able to ask for help if they need it.
- » Are developing the ability to relate to others with empathy and compassion.
- » Are able and willing to trust others and accept their support, while also recognising when others need support and willingly offer theirs.
- » Treat others with tolerance and respect, challenging intolerance when necessary.
- » Understand how their own actions impact on others.
- » Recognise and modify any aspects of behaviour that adversely affect others or their environment.
- » Recognise and applaud the achievements of others, regardless of how these compare with their own.
- » Are developing, managing and valuing friendships.
- » Are developing the ability to form relationships with people beyond their friendship groups.
- » Take on roles of responsibility for planning and organising activities, fulfilling the role of junior or assistant leaders.
- » Take responsibility for their own safety as well as that of others.
- » Respect others' personal space, property and feelings.

**If you are providing high quality outdoor learning, most people should be meeting or progressing towards some of the above indicators.**

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