**Social and Emotional Milestones for Children Ages 6-8**

Self-Awareness

Children in this age group:

* are better able to understand and tune in to their own feelings and values as well as the feelings of others,
* begin to realize that how they see themselves may not be the same as the way that other see them,
* develop an awareness of their own strengths and weaknesses.

Self-Management

Children in this age group:

* are better able to regulate their own emotions and behaviors
* continue to develop skills to manage with stress, problem solve, and delay gratification,
* develop time management is skills.

Social Awareness

Children in this age group:

* better understand how their feelings and behaviors affect others and their responses others,
* are developing the capacity to see others’ viewpoints in the context of their culture and values.

Relationships

Children in this age group:

* are highly invested in developing and sustaining peer relationships.
* enjoy group games (with more elaborate structures) and competition,
* are working on peer relationships and maintaining healthy boundaries, consciously emulate role models and mentors.

Decision Making

Children in this age group:

* are better able to understand the consequences of their decisions and weigh factors that lead to more responsible decisions,
* negotiate with conviction and reason.