



Soetlief

Social & Emotional Skills for *kids*

Interactive Online Training

What is Soetlief?

Soetlief is an online social and emotional skills program aimed at equipping children and their parents with the tools to identify, communicate and control emotions in order to attain and maintain positive and healthy personal relationships. Focussing on self-awareness, understanding and discovery of feelings and sensations and provides practical ways of dealing with emotions. Soetlief is for ANY and ALL children.

Why Social & Emotional Skills?

Children struggle to deal with anger, frustration, irritation, crankiness and conflict. They are told in detail what not to do and how not to do it. They get discouraged trying so hard not to, not knowing how to deal with what feels overwhelming to them. Soetlief focusses on the what to do and how to do emotions and relationships - giving understanding, insight and being practical, but most of all giving children an opportunity to apply what they have learned to their real-life environment.

EXPERIENCE EMOTIONS

COMMUNICATION SKILLS

DEVELOP EMPATHY

MANAGE STRONG EMOTIONS

ESTABLISH POSITIVE RELATIONSHIPS

READ & COMPREHEND EMOTIONS

Who is Soetlief for?

Soetlief is for any and every child between the ages of 3 to 12 and their parents/guardians. The program gives your child an opportunity to grow socially and emotionally while giving you the opportunity to be a part of their growing-up.



Creative, Fantasy
& Play



Logic, Reason
& Independent



Abstract, Thinking
& Analysing



Interact, Understand
& Communicate

Parents/guardians have access to the program giving you the advantage of knowing what they are learning. This will allow you to communicate with your child(ren) in a language of emotions and social interaction that they understand. Parental/guardian supervision and involvement are advised as you will be in the best position to directly or indirectly support and assist your child's learning of new information.

Soetlief aims to Address the Following

for Children

- Self-discovery, awareness & understanding.
- Recognition of self in the information and characters.
- Integration - applying the information to real life challenges.
- Self-admittance of negative behaviour.
- Internal locus of control.
- Rectification of wrong.
- Tools to facilitate social challenges amongst peers.
- Resilience - the ability to recover from life's challenges.
- Solution-orientated information and activities.
- Self-confidence.

for Parents / Guardians

- Non-threatening to you and your child.
- No over-sensitization of the negatives.
- Focussed on "all children" not "problem-children".
- Discovery, awareness and understanding of your child.
- Discovery, awareness and understanding of self.
- Self-fulfilment, confidence and success instilled in your child.
- Tools to facilitate communication challenges.
- Interaction and engagement opportunities.
- Relationship building.
- Convenient and easy.

What is our Approach?

VISUAL LEARNING



The Soetlief programs utilizes icons, pictures, characters and storytelling. Visual learning strategies help children better understand and retain information.

INTERACTIVE LEARNING



Interactive learning is a hands-on approach to help learners become more engaged and retain more material. Aids in problem solving and critical thinking skills.

CHARACTERS & ANIMATION



Kids connect with characters. Their ability to relate to fictional characters, impacts their ability to relate to one another and to adults.

SYMBOLIC REPRESENTATION



Whether in their native language or for foreign language acquisition, the content is communicated with universally recognisable icons and symbols. To build vocabulary and use them in story-telling.

SELF ASSESSMENT & REFLECTION



The Soetlief programs focus on self-discovery by means of activities, discussions, association and guidance through step-by-step evaluation activities. Encouraged by choice selection.

PARENTS ACTIVITIES



Each lesson includes downloadable PDFs containing ideas for fun games and activities that parents, and their children can do together.

What are the Benefits of our Programs?

Self
Discovery &
Awareness

Recognition
of
Self

Parent/child
Integration

Admittance
of Negative
Behaviour

Rectification
of Wrong

Facilitate
Social Challenges

Solution-
oriented
Methods

Build Self-
confidence

Relationship
Building

Convenient
& Easy
online Access

Non-
threatening
Approach

Interaction &
Engagement
opportunities

The Soetlief Programs

All Soetlief programs focus on developing various skills in children to ensure that they are equipped for life. The program for each age level has carefully been considered, according to age-related milestones and how children of different ages learn. The program takes into consideration social and emotional development guidelines and milestones provided by research and professionals in child development.

ToTS

3 - 5 years

Children at this age learn and make sense of the world around them in a natural way through play. Play is the foundation of any approach to learning around this age and often misunderstood and devalued. Around this age, the brain is shaped through play and actively exploring.

TROOPS

6 - 9 years

Around this age, development milestones predict that your child wants to be given an opportunity to choose. Many of the activities in the program for this age group revolve around simple choices, giving the child an opportunity to explore thinking, reasoning and being independent.

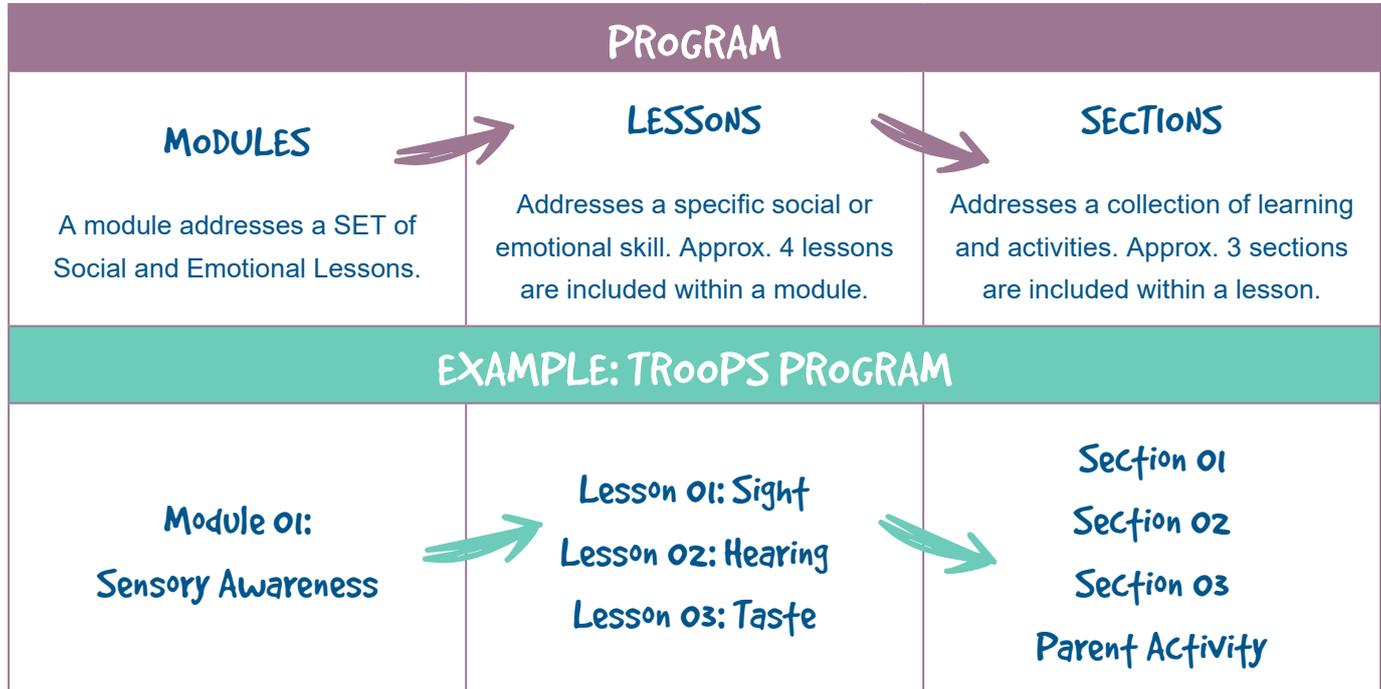
TWEENS

10 - 12 years

At this age, children are ready for activities that are more challenging. Information must be meaningful and applicable to real life. The program aims to provide information that is understandable and practical and provides time to make real-life connections between information and life.

Soetlief does not address specified negativity or “problem-children” but aims to address social and emotional development and empowering children, together with their parents/guardians, with the tools needed to deal with change and challenges.

The Program Structure



Note: There are additional activities that parents/guardians can do with the child and in some lessons steps to follow. We at Soetlief recommend coordinating your child's time, according to the recommended curriculum. Repetition and self-assessment of lessons are encouraged, before accessing new modules.



3 - 5 EMOTIONAL AGE | 18-MONTH PROGRAM

ToTS Program



Mod 01: Sensory Awareness

The very foundation from where Soetlief builds Emotional and Social skills. Emotions and Social interaction are abstract, symbols representing something very complex.

Lesson 01: Sight

Lesson 02: Hearing

Lesson 03: Taste & Smell

Lesson 04: Touch

Mod 02: Introduction to the Four Basic Emotions

The Tots Program will focus on very basic skills related to the 4 basic emotions. Much attention will be given on ensuring that information is reinforced.

Lesson 01: Happiness

Lesson 02: Sadness

Lesson 03: Fear

Lesson 04: Anger

Mod 03: Rainbow Colours of Emotions

Colour is used as a coding or representing each different emotions. This allows for easier identification of the basic emotion and recall of the related means of control.

Lesson 01: Recognition of emotions in others
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Lesson 02: Identification of own emotions

Lesson 03: Application of emotions

Lesson 04: Communication of feeling

Mod 04: Body & Feeling

The awareness and knowledge of the sense of touch will now be expanded upon. Information and vocabulary of the sense of touch will be used to identify the sensation of emotion.

Lesson 01: Basic body experience of happy and sad

Lesson 02: Detailed body experience of happy and sad
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Lesson 03: Basic body experience of anger and fear
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Lesson 04: Detailed body experience of anger and fear

Mod 05: Anger Identification

The beginning of control is the ability to identify. The child is taught to use body sensation to identify anger.

Lesson 01: Experience of Anger

Lesson 02: Destructive Anger

Lesson 03: Acceptable Anger

Lesson 04: Alternative Expression

Mod 06: Anger Expression

In this module tantrums and meltdowns is addressed and alternatives is presented.

Lesson 01: Intensity of anger

Lesson 02: Aggressive Violent Expression
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Lesson 03: Anger Within

Lesson 04: Alternative expression

In this program:

The focus is on several fundamental emotional development concepts such as Sensory Awareness, Vocabulary, the understanding of Emotional Concepts and Emotional Awareness through the very basic learning of emotional skills.



3 - 5 EMOTIONAL AGE | 18-MONTH PROGRAM

ToTS Program



Mod 07: Anger Triggers and Control

Triggers such as wants, and dislikes of the child can be really challenging to a parent. These challenges is presented to the child along with alternative ways of dealing with it.

Lesson 01: Resistance and Opposition expressed and experienced
Lesson 02: Food challenge
Lesson 03: Sleep challenge
Lesson 04: Shopping challenge

Mod 08: Fear Identification

A child may experience fear on a regular basis, without the ability to identify it. This lesson provides an opportunity to know how to know when I'm feeling scared.

Lesson 01: Experience of Fear
Lesson 02: Personal fears
Lesson 03: Basic control
Lesson 04: Being careful and not scared

Mod 09: Fear Triggers

Age related fear triggers are addressed individually along with plans to resolve each trigger

Lesson 01: Intensity of fear
Lesson 02: Real and imaginary fear
Lesson 03: Difference and approach
Lesson 04: Real danger

Mod 10: Fear Expression and Control

The child learns that acknowledging a fear is the beginning of control. Fear is controlled by means of planning. Integrated in order to connect identification of fear and the trigger.

Lesson 01: Response to fear
Lesson 02: Resolving different fears
Lesson 03: Real danger
Lesson 04: Being careful and not scared

Mod 11: Sadness Identification

Practical ways is explored to identify sadness.

Lesson 01: Physical experience of sadness
Lesson 02: Identification of sadness
Lesson 03: Different intensities of sadness
Lesson 04: Sensory experiences of sadness

Mod 12: Sadness Triggers

Things that trigger sadness is addressed. Bear in mind that there is 3 negative basic emotions and only 1 positive. The aim is to ultimately resolve in order to return to a place of happiness.

Lesson 01: Different kinds of 'hurt'
Lesson 02: Causes of sadness
Lesson 03: Different kinds of Tears
Lesson 04: Causes of Tears

In this program:

The focus is on several fundamental emotional development concepts such as Sensory Awareness, Vocabulary, the understanding of Emotional Concepts and Emotional Awareness through the very basic learning of emotional skills.



ToTS Program

Mod 13: Sadness Expression

The child discovers ways to express sadness, self-nurture and return to a place of happiness

Lesson 01: Appropriate expression of Sadness
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Lesson 02: Finding safe people and places

Lesson 03: Different kinds of Tears

Lesson 04: Anger Tears

Mod 14: Happiness - Giving

The joy from giving is explored. When children learn that they too have smiles, hugs, drawings etc to give it contributes to self-worth.

Lesson 01: What I have to give – worth
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Lesson 02: Sowing and reaping – unselfish

Lesson 03: Sibling giving

Lesson 04: Alternative giving

Mod 15: Happiness - Sharing

Sharing doesn't always come natural at this age. But this lesson teach important life lessons in that life is about more than my selfish needs and finding you in sharing.

Lesson 01: What I can share

Lesson 02: Sharing with friends

Lesson 03: Healthy friendships

Lesson 04: Sharing with siblings

Mod 16: Happiness - Helping

When a child learns that they can help, chores can change from a drag to a joyful act of helping others.

Lesson 01: What is Help

Lesson 02: How I can help

Lesson 03: Helping Parents

Lesson 04: Helping Peers

Mod 17: Happiness - Confidence

The focus is on uniqueness and being confident in being different to others.

Lesson 01: I can

Lesson 02: When I can

Lesson 03: How I can

Lesson 04: If I can

Mod 18: Happiness - Self Image

Learning why I am special adds to a positive self-image and results in greater confidence

Lesson 01: I am special

Lesson 02: I am unique

Lesson 03: I am significant

Lesson 04: I have purpose

In this program:

The focus is on several fundamental emotional development concepts such as Sensory Awareness, Vocabulary, the understanding of Emotional Concepts and Emotional Awareness through the very basic learning of emotional skills.





6 - 9 EMOTIONAL AGE | 18-MONTH PROGRAM

TRooPS Program



Mod 01: Sensory Awareness

The very foundation from where Soetlief builds Emotional and Social skills. Emotions and Social interaction are abstract, symbols representing something very complex.

Lesson 01: Sight
Lesson 02: Hearing
Lesson 03: Taste & Smell
Lesson 04: Touch

Mod 02: Introduction to the Four Basic Emotions

The emotion heart is explored and the child learns to recognise emotions in different situations.

Lesson 01: Happiness
Lesson 02: Sadness
Lesson 03: Fear
Lesson 04: Anger

Mod 03: Chameleon Colours of Emotions

It becomes increasingly difficult to control a complex emotion if the basic emotion cannot be identified. Colour coding will help the child in the process of complex emotional identification.

Lesson 01: Recognition of emotions in others
Lesson 02: Identification of own emotions
Lesson 03: Application of emotions
Lesson 04: Communication of feeling

Mod 04: Body Signals

Body signals is used to identify emotions. The child taught to distinguish between body signals from the human system as opposed to body signals formed by emotions.

Lesson 01: Basic body experience of happy and sad
Lesson 02: Detailed body experience of happy and sad
Lesson 03: Basic body experience of anger and fear
Lesson 04: Detailed body experience of anger and fear

Mod 05: Boundaries

Boundaries is taught by explaining the limitations of functioning, but it is also used in explaining self-control and important concept relating to negative emotions.

Lesson 01: Definition
Lesson 02: Purpose
Lesson 03: School & Home
Lesson 04: Listen & Follow

Mod 06: Anger

Children are often reprimanded for the negative expression of emotions. Growing up they are often left with a feeling of not being allowed to be angry.

Lesson 01: Experience of Anger
Lesson 02: Destructive Anger
Lesson 03: Acceptable Anger
Lesson 04: Alternative Expression

In this program:

The focus is on self-awareness, appropriate expression of feelings and mechanisms to regulate negative experiences. Topics such as Sensory Awareness, Introduction to Emotions and Borders will be addressed.



TRooPS Program

Mod 07: Anger is Hot

Understanding the different levels of heat created by anger internally becomes a helpful mechanism in the identification of anger.

Lesson 01: Intensity of anger

Lesson 02: Aggressive Violent Expression
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Lesson 03: Anger Within

Lesson 04: Alternative expression

Mod 08: Cool Down

Kids learn practical ways to deal with anger. In these lessons different social environments is taken into account in finding a practical mechanism for the environment.

Lesson 01: Resistance and Opposition expressed and experienced
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Lesson 02: Food challenge

Lesson 03: Sleep challenge

Lesson 04: Shopping challenge

Mod 09: Take a Break

These lessons explore the reasons for conflict and how to resolve it. It is a very basic approach with the aim of empowering the child.

Lesson 01: Identification of Conflict

Lesson 02: Different examples of Conflict

Lesson 03: Sensory Experience

Lesson 04: Conflict Resolution

Mod 10: Identification of Fear

Fear can be caused by external stimuli but can also be an ever-present experience for anxious children. Anxiety is a complex emotion and not discussed in this program.

Lesson 01: Experience of Fear

Lesson 02: Personal fears

Lesson 03: Basic control

Lesson 04: Being careful and not scared

Mod 11: Scared

Different age-related fears is explored along with means of dealing with each, such as being shy. Once again shy is a complex emotions of fear.

Lesson 01: Intensity of fear

Lesson 02: Real and imaginary fear

Lesson 03: Difference and approach

Lesson 04: Real danger

Mod 12: Problem-Solving

Fears are dealt with by making plans. The steps in problem solving is explored and applied to making plans in order to overcome fear.

Lesson 01: Response to fear

Lesson 02: Resolving different fears

Lesson 03: Real danger

Lesson 04: Being careful and not scared

In this program:

The focus is on self-awareness, appropriate expression of feelings and mechanisms to regulate negative experiences. Topics such as Sensory Awareness, Introduction to Emotions and Borders will be addressed.





TRooPS Program



In this program:

The focus is on self-awareness, appropriate expression of feelings and mechanisms to regulate negative experiences. Topics such as Sensory Awareness, Introduction to Emotions and Borders will be addressed.

Mod 13: Sadness

The identification of sadness is addressed along with different friend scenarios that may cause sadness, such as friends being rude, excluding you or just being mean.

Lesson 01: Physical experience of sadness
Lesson 02: Identification of sadness
Lesson 03: Different intensities of sadness
Lesson 04: Sensory experiences of sadness

Mod 14: Getting Sadness Out

The child is encouraged to find safe people and places where sadness can be expressed. Practical examples is given and steps in put in place.

Lesson 01: Appropriate expression of Sadness
Lesson 02: Finding safe people and places
Lesson 03: Different kinds of Tears
Lesson 04: Anger Tears

Mod 15: Keeping Sadness Inside

Childhood depression is a real threat. The purpose of the lesson is to create an awareness without over-sensitizing a child.

Lesson 01: Appropriate expression of Sadness
Lesson 02: Finding safe people and places
Lesson 03: Different kinds of Tears
Lesson 04: Anger Tears

Mod 16: Sharing is Caring

The child will learn practical steps in how to make friends and keep friends. Sharing is applied in a very practical manner to friendship.

Lesson 01: What I can share
Lesson 02: Sharing with friends
Lesson 03: Healthy friendships
Lesson 04: Sharing with siblings

Mod 17: Help

Around this age a child is expected to show greater committedness and responsibility to following routine. The child is given practical ways to help them follow routine.

Lesson 01: What is Help
Lesson 02: How I can help
Lesson 03: Helping Parents
Lesson 04: Helping Peers

Mod 18: Doing what is Right

Components of choice making is explored and the child is taught how to make right choices and the feeling of happiness it leaves inside, but also the happiness from the outcome.

Lesson 01: I can
Lesson 02: When I can
Lesson 03: How I can
Lesson 04: If I can



TWEENS Program

Mod 01: Sensory Process

The senses is explored as part of the Sensory Process. The child is made aware of input from the world around, experience and output.

Lesson 01: Cause

Lesson 02: Feeling

Lesson 03: Effect

Lesson 04: Response

Mod 02: Communication

Discovering verbal, visual and voice communication.

Lesson 01: Verbal

Lesson 02: Visual

Lesson 03: Voice

Lesson 04: Alternative

Mod 03: Anger & Fury

Each basic emotion is presented as a house. Each house will be colour coded according to the Soetlief colour coding of emotions. The child will learn to identify, communicate and control anger.

Lesson 01: Identify Anger

Lesson 02: Express Anger

Lesson 03: Causes of Anger

Lesson 04: Control Anger

Mod 04: Conflict & Hatred

Complex emotions of anger will each be presented in a different room. Conflict often includes a lot of heat, placing it in the anger house. the purpose is to teach the child healthy conflict skills.

Lesson 01: What is conflict

Lesson 02: Reasons for conflict

Lesson 03: Conflict resolution

Lesson 04: Application

Mod 05: Frustration & Discouragement

Frustration is a room in the angry house and the child will learn to identify the source of frustration and learn to address it in a logic manner in order to resolve it.

Lesson 01: Definition

Lesson 02: Identification

Lesson 03: Cause

Lesson 04: Expression & Control

Mod 06: Selfishness

Learn how to establish healthy boundaries when it comes to self and stuff.

Lesson 01: Definition

Lesson 02: Identification

Lesson 03: Cause

Lesson 04: Expression & Control

In this program:

The focus is on the experience of complex emotions - basic emotions shaped by social and relational situations. Topics such as Body Language, Boundaries and Complex Emotions of Anger, Fear and Sadness will be addressed.



10 - 12+ EMOTIONAL AGE | 18-MONTH PROGRAM

TWEENS Program



Mod 07: Irritation & Fixation

Addressed by means of making use of earlier information the child learned in the Sensory Process Module.

Lesson 01: Definition
Lesson 02: Identification
Lesson 03: Cause
Lesson 04: Expression & Control

Mod 08: Fear

The child will learn to identify, communicate and control fear. Around this age fear becomes more complexed and it is important that the child identify the correct basic emotions.

Lesson 01: Experience of Fear
Lesson 02: Personal fears
Lesson 03: Basic control
Lesson 04: Being careful and not scared

Mod 09: Stress & Worry

The child is not just made aware of their own stress, but also to become aware of stressors others might experience such as parents and teachers. The child is taught to consider others.

Lesson 01: Definition
Lesson 02: Identification
Lesson 03: Cause
Lesson 04: Expression & Control

Mod 10: Shy & Confidence

Shy is presented as a personality trait and embarrassment. The child is also taught how to be confident despite being shy or going through embarrassment.

Lesson 01: Definition
Lesson 02: Identification
Lesson 03: Cause
Lesson 04: Expression & Control

Mod 11: Sad, Tired, Depressed

Causes of tiredness is explored explaining how it can leave a sense of being sad. Depression is touched on in order to create an awareness of it, but not to over sensitize the Tween.

Lesson 01: Definition
Lesson 02: Identification
Lesson 03: Cause
Lesson 04: Expression & Control

Mod 12: Failure & Dissapointment

Failure and disappointment is inevitable, learning to deal with it at a young age is a powerful tool.

Lesson 01: Definition
Lesson 02: Identification
Lesson 03: Cause
Lesson 04: Expression & Control

In this program:

In this program the focus is on the experience of complex emotions - basic emotions shaped by social and relational situations. Topics such as Body Language, Boundaries and Complex Emotions of Anger, Fear and Sadness will be addressed.



10 - 12+ EMOTIONAL AGE | 18-MONTH PROGRAM

TWEENS Program



Mod 13: Rejection

Learning how to deal with feelings of not being enough or good enough.

Lesson 01: Definition
Lesson 02: Identification
Lesson 03: Cause
Lesson 04: Expression & Control

Mod 14: Alone vs Lonely

The difference is highlighted and ways to overcome loneliness is discovered.

Lesson 01: Definition
Lesson 02: Identification
Lesson 03: Cause
Lesson 04: Expression & Control

Mod 15: Happy Choices

How to make good choices and experience the positive outflow of it.

Lesson 01: Definition
Lesson 02: Identification
Lesson 03: Cause
Lesson 04: Expression & Control

Mod 16: Happy & Confident

The lesson is a self-discovery of what is good in me.

Lesson 01: Boldness
Lesson 02: Domination
Lesson 03: Self
Lesson 04: Others

Mod 17: Happiness: Finding my Place

Purpose of the lesson is teaching the balance between authority and submission and finding a balance between the Tween and Parent.

Lesson 01: Benevolence
Lesson 02: Availability
Lesson 03: Time management
Lesson 04: Care

Mod 18: Happy & Bold

The purpose of the Happy Modules is to build self-image, confidence and ultimately it aims to give the child feeling of being Happy.

Lesson 01: Defined
Lesson 02: Applied
Lesson 03: Environment
Lesson 04: Integrating

In this program:

In this program the focus is on the experience of complex emotions - basic emotions shaped by social and relational situations. Topics such as Body Language, Boundaries and Complex Emotions of Anger, Fear and Sadness will be addressed.

Devices

Subscription-based

online access



Multi-device responsive

Frequently Asked Questions

What if I have 2 kids of the same age?

It will not be beneficial for the children to attend at the same time or on the same profile as children respond and learn at a different rate. Thus 2 profiles will be required.

What about my teenager?

Parents must consider the functional age of their children. Depending on functional age, teenagers are likely to be matched with the Tweens program.

How long do the programs take?

Each program consists of 18 modules. A module equals the recommended duration of 1 month. Thus a program can take up to 18 months to complete.

Can my child repeat their lessons?

Yes, the programs and system is designed with the intention that a learner would want to repeat their activities as many times as they like. This is also highly recommended

Must I do the activities with my child?

It is advisable, especially with your TOTS/TROOPS to engage in the weekly activities, however with an older child, you can create opportunity based on your own available time and the space boundaries of the child.

When/how will I see change in my child?

Bear in mind that this is a skills program and not therapy. Our programs focus on teaching and developing, through obtaining knowledge related to specific useful Social and Emotional competencies.

Program Price

R 285.00 p/m per child

	Part 01	Part 02	Part 03
ToTS	R 285 x 6-mnths	R 285 x 6-mnths	R 285 x 6-mnths
TRooPS	R 285 x 6-mnths	R 285 x 6-mnths	R 285 x 6-mnths
TWEENS	R 285 x 6-mnths	R 285 x 6-mnths	R 285 x 6-mnths

All prices include VAT

For more information, please visit our website at www.soetlief.co.za

Get in Touch



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Soetlief