Social Foundational Skills

* **Communication**: The ability to express oneself clearly and effectively, both verbally and non-verbally, and to actively listen to others.
* **Active listening:** Paying full attention to what others are saying, asking relevant questions, and providing feedback to show understanding and interest.
* **Non-verbal communication:** Understanding and using body language, facial expressions, gestures, and tone of voice to convey messages and interpret others' emotions and intentions.
* **Collaboration:** Working effectively with others towards common goals, being open to different ideas and perspectives, and resolving conflicts constructively.
* **Respect:** Showing consideration, courtesy, and appreciation for others' opinions, beliefs, boundaries, and diversity.
* **Adaptability:** Being flexible and responsive to changes in social dynamics, contexts, and cultural norms, and adjusting one's behavior accordingly.