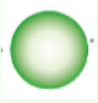


# Emotional Development

## What do children need from us?



**Support them in feeling CARED FOR, important, included, listened to and understood.**

- greet each student by name every morning;
- say goodbye to every student and wishing them well;
- call on students by name throughout the day;
- show interest by asking them about their loved ones, interests, plans & activities;
- ask children about their successes and challenges.

**A child's mental health starts with a sense of BELONGING and of IMPORTANCE**



**Come alongside their big EMOTIONS.**

- read books and sign songs about emotions
- use the proper name of each emotion to show that they are valid
- set up activities and play games that will help emotions get out safely

**A child's capacity to self-regulate starts with CO-REGULATION**



**Assist them in developing a sense of TRUST in themselves and in others.**

- provide safety through a consistent, predictable and reliable environment
- show that mistakes happen to all of us and that it's okay
- be generous and patient when they ask for help

**A child's trust starts with a sense of SAFETY and SECURITY**



**Facilitate the development of their sense of self by letting them PLAY**

- create time and space for play to occur
- provide a variety of materials and props to accompany their play
- no need to get involved; let play do its thing

**A child's self-awareness starts in the PLAY mode**



**Guide them in developing a sense of emergence and curiosity.**

- identify their talents and interests
- help grow their skills and abilities in music, drawing, painting, dancing, etc.
- set up conditions for success, so they can feel in control, create self-confidence, build self-esteem and be willing to engage in activities independently.

**A child's capacity for growth and autonomy starts with EXPLORATION and GUIDANCE**

**Younger children have no filter and can only do 1 emotion at a time, which makes 'managing their emotions' quite difficult. The fruit of development takes time.**

