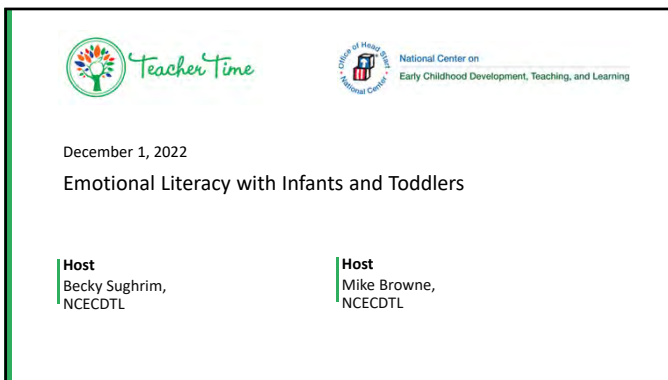
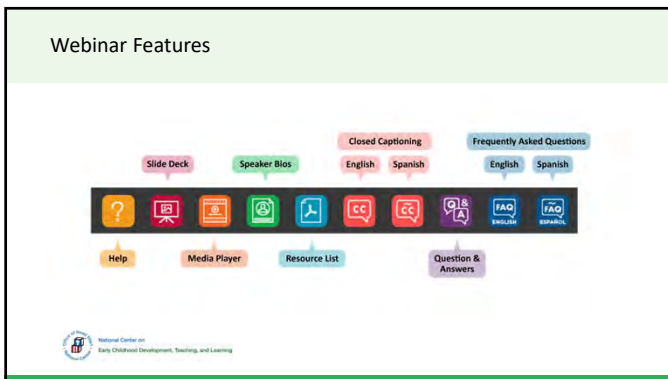



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Emotional Literacy with Children Birth to Five
December 2020, January 2022

Viewer's Guide

Emotional Literacy with Children Birth to Five

Identifying emotions • Building capacity • Teaching self-regulation strategies

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4



Our Time Together

- Positive Behavior Support Teaching Practices
- It's All About You
- Neuroscience Nook
- BASICS
- Small Change, Big Impact
- Focus on Equity
- The Book CASE

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5

Feelings Tree



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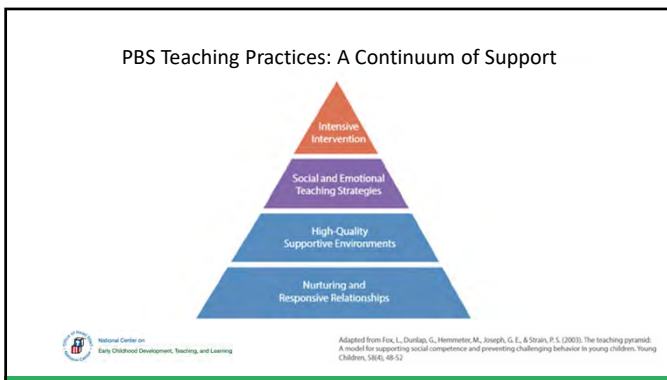
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Head Start Early Learning Outcomes Framework


	CENTRAL DOMAINS				
	APPROACHES TO LEARNING	SOCIAL AND EMOTIONAL DEVELOPMENT	LANGUAGE AND LITERACY	COGNITION	PERCEPTUAL, MOTOR, AND PHYSICAL DEVELOPMENT
▲ INFANT/TODDLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication	Cognition	Perceptual, Motor, and Physical Development
● PRESCHOOLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication Literacy	Mathematics Development Scientific Reasoning	Perceptual, Motor, and Physical Development

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7



8




What's one way you support emotional literacy with the infants and toddlers in your care?

Share in the Q & A

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9

Positive Behavior Supports (PBS)




Positive approach to challenging behavior:

- Focuses on building social and emotional skills
- Recognizes that all behavior is communication

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10




All About You!

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11

It's All About You!

Color Visualization



- **Sit** in a comfortable position with your body relaxed. Allow your eyes to softly close
- **Imagine** a color that feels soothing or happy to you
- **Inhale** and **visualize** that color entering your body
- **Allow** the color to wash over you feeling calm, safe, and fresh
- **Feel** your color travel through your body from head to toe relaxing your muscles
- **Exhale** and return to this moment

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12

Emotional Literacy



- Emotional literacy is the ability to monitor the emotions of oneself and others
- All children need guidance to learn emotional literacy skills
- When children can manage their emotions, they are more equipped to establish healthy relationships, focus better on learning tasks, and engage in positive behaviors



13

Key Ideas



Identify children's emotions



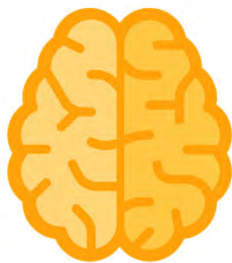
Practice empathy



Teach self-regulation strategies



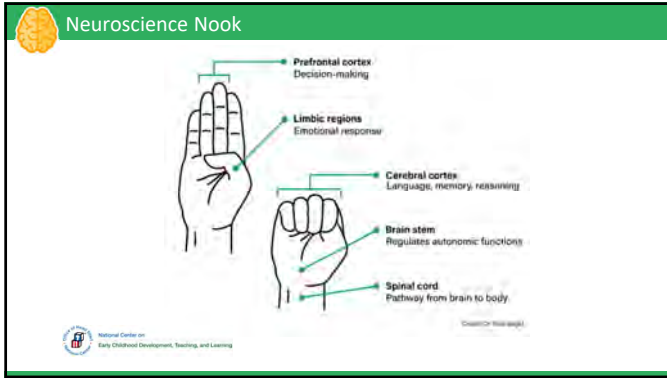
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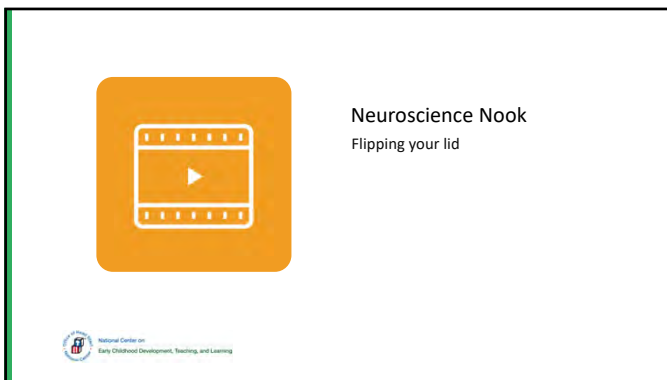
Neuroscience Nook



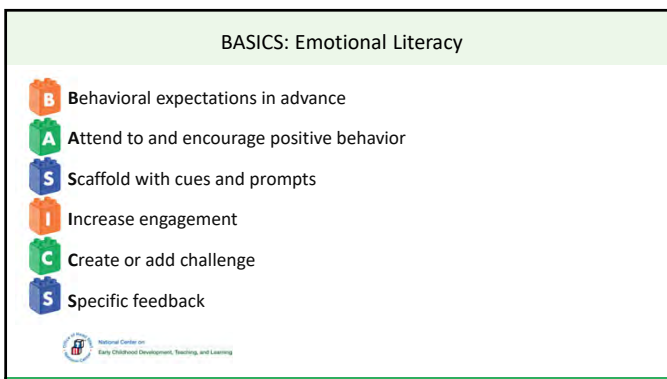
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16




17




18

Scaffold with cues and prompts




Use emotion words to describe what you notice about a child's emotions and your own emotions.
"You are kicking your legs so fast! You seem excited!"
"That was such a nice hug, thank you so much! That makes me feel loved."


Help children read cues. Name and describe expressions on faces, body language, and tone of voice.
"Oh Dmari's eyes got very wide, she jumped a little bit and squeaked. I wonder if she was surprised?"
"You ran into Ross and Ross fell over, look at his face, he has tears coming down his cheeks and his mouth is turned down at the corners, it seems like he might be upset."



19




Scaffold with cues and Prompts
 Noticing and naming feelings



20

Increase engagement




Support children with emotional literacy through hands-on activities

Use a mirror to inspect feelings in yourself and others.


- Place an infant-safe mirror on the floor for infants to look at or safely on the wall at the children's level
- Talk about expressions and name the feelings you see or ask the children what they see!

Use puppets or dolls


- Model and use puppets to show safe emotional expression and self-regulation strategies.
- Create puppets from felt or small paper bags and walk them through daily experiences while pointing out the various feelings that might come up



21



Increase Engagement
Talking about emotions




22



Small Change,
Big Impact




23




Small Change Big Impact

Visual Supports



- Visual supports provide key information to a child in a visual format
- Visual supports can be used to support children to understand and process verbal information



24



Visual Supports





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25

Small Change Big Impact

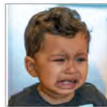
Modifications



Happy




Worried



Sad

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26



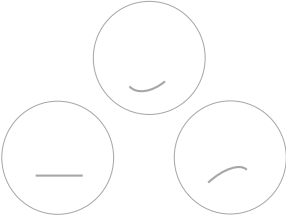
Focus on Equity

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27

Focus on Equity


Culture and Feelings



- Cultures value and express emotions differently
- Sometimes subtle biases that we might not be aware of can interfere with our ability to interpret and respond to children's emotions

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28




Focus on Equity
Culture and feelings

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29

Focus on Equity

Connecting with Families




- Ask families to share labels for emotions in the child's *home language* and use those familiar words with children.

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30

Focus on Equity


Reflection



- What emotions are you comfortable expressing?
- How do you manage strong emotions?
- How do you manage your own strong emotions within the learning environment?
- How do you expect children to express and manage emotions?
- Do you respond to all children's range of emotions with the same amount of patience and guidance?

31

The Book CASE




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32


The BookCASE

Mad, Mad Bear! by Kimberly Gee




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33

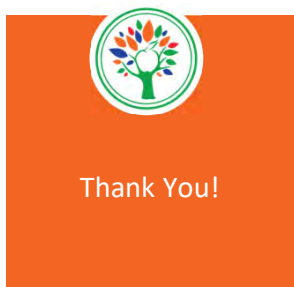


Live Q&A

If you have questions for us, put them in the Q&A and we'll do our best to answer your question!



34




Thank You!

Join Us For Our Next Episodes!

Emotional Literacy in Preschool
January 11, 2023

Problem-Solving and Relationship Skills with Infants and Toddlers
February 2, 2023



35




<https://eclkc.ohs.acf.hhs.gov/mypeers>




36




https://bit.ly/DTL_PUSHPLAY



37




We want to hear from you!

Please take some time to complete the session evaluation.

For more information contact:
ecdte@ecetta.info
 (Toll-free 1-844-261-3752)

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38
