

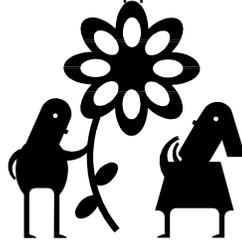
# One Page Resources: Social Emotional Learning

“To support this developmental process, relationships with caring adults within a quality early childhood environment are critical...Positive social and emotional development in the preschool years will provide an essential foundation for cognitive and academic competence, not only in preschool but also in later years.”

~Copple & Bredekamp, NAEYC (2009)

Imagine not being able to make friends, show anger in a healthy way, take care of someone who has been hurt, wait patiently, follow the rules or just to enjoy the company of others. What would life be like without these basic life skills?

Teaching children social emotional skills allows them to be successful in these endeavors. While some teachers excel at this others struggle to implement useful and effective techniques to teach these life skills to 4 and 5 year olds. To be more successful at this try some of the tips that follow as well as talking to other teachers or your PreK consultant to implement social emotional learning into your own classroom!



*Control your emotion or it will control you.*

~Author Unknown

## Tips for fostering social emotional development in your classroom:

- Display photos of people with various emotional expressions
- Use a feelings chart—a chart with faces expressing different emotions in your classroom
- Encourage children to do things for themselves
- Encourage children to role play and act out or make up stories
- Refer children to one another for ideas and assistance
- Provide materials that encourage collaborative play
- Treat conflicts as learning opportunities
- Provide books about feelings throughout the classroom
- Teachers label their own feelings
  - “When you \_\_\_\_\_ I felt \_\_\_\_\_.”
- Teachers notice and label children’s feelings
  - “I can see you are frustrated when \_\_\_\_\_.”
- Help children to identify and label their own feelings
  - “How did it make you feel when \_\_\_\_\_?”



### Children’s books that feature feeling faces and words.....

- “On Monday when it Rained” by Cheryl Kachenmeister
- “I’m Mad (Dealing with Feelings)” by Elizabeth Crary & Jean Whitney
- “Glad Monster; Sad Monster: A Book about Feelings” by Anne Miranda
- “The Pout Pout Fish” by Deborah Diesen
- “I am Happy” by Steve Light
- “Proud of Our Feelings” by Lindsay Leghorn
- “Sometimes I Feel Like a Storm Cloud” by Lezlie Evans