

Practice Implementation Checklist: Respond to Emotions & Teach About Feelings

Place a star next to the items you feel are a strength for you.

Then, check any of the boxes that apply.

I would like to...

Responsive to children's expressions of emotions & teaches about feelings	Learn more about this	Do this more often	Do in other routines or differently	Do this in better ways
Understand and provide labels for children's feelings				
Ask questions or expand on children's emotions				
Teach children to recognize other's emotions by pointing out peers' feeling to them				
Use activities to teach about feelings and feeling words				
Label my own emotions in response to real-life classroom situations				
Use real-life classroom situations to identify toddlers' feelings when they have conflicts or are frustrated				
Use real-life classroom situations to help toddlers problem-solve				

My Notes:





Books for Teaching About Feelings

Create opportunities with books to engage with children on emotions.

Infant & Toddler Books

Hug Jez Alborough	A book celebrating the pleasure of giving and receiving good hugs through a monkey and his animal friends.
Baby Faces Margaret Miller	Perfect for early childhood development, happy babies, laughing babies, silly babies and crying babies are found on the pages of this board book.
Global Babies The Global Fund for Children	From Guatemala to Bhutan, colorful photo embrace our global diversity and give glimpses into the daily life and traditions from around the world.
I am Happy: A Touch and Feel Book of Feelings Steve Light	This brightly colored and tactile novelty book showcases collage illustrations with real pieces of material for young children to touch and feel.
My First Taggies Book: If You're Happy and You Know It Will Grace	A fun song in a unique board book format with applique on the cover and colorful ribbon tags perfect for little hands.
Oh, David! David Shannon	Oh, David! What have you done now?! Whether it's time to get dressed or go to sleep, this youngster can always find a way to make a little trouble. But no matter what David does, his mother truly loves him.

Toddler Books

Llama Llama Series Anna Dewdney	These best-selling picture books feature preschooler Llama Llama who experiences adventures through rhyming text, gentle humor, and familiar situations.
My Many Colored Days Dr. Seuss	Using a spectrum of vibrant colors and a menagerie of animals, this unique book provides a range of human moods and emotions and wonderful way for parents and adults to talk to children about feelings.
The Feelings Book Todd Parr	Targeted to young children, this book will inspire kids to discuss their multitude of feelings in a kid-friendly, accessible format.
Lots of Feelings Shelley Rotner	In this expressive photo-essay, simple text and photographs introduce basic emotions – happy, grumpy, thoughtful, and more – and how people show them.
When I am/Cuando Estoy Gladys Rosa-Mendoza	Let children discover the joy and excitement of dual language learning through the world of emotions in English and Spanish.
Duck & Goose, How are you Feeling? Tad Hills	This charming board book uses simple text and colorful illustrations to help preschoolers identify familiar feelings like happy, sad, scared, and proud.





Using Books to Support Emotional Literacy

Directions: With your small group, pick a book to read & then discuss the questions.

Name of Book:

What feelings/emotions are discussed in the book?

How would you use this book with infants and toddlers to support emotional literacy?



PRISM Training Series: Teaching About Feelings

Pyramid Resources for Infant-Toddler Social Emotional Development
University of Kansas

Adapted from:
The Center on the Social and Emotional Foundations for Early Learning
Vanderbilt University

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Learner Objectives

- **Learn about emotional literacy and why it is important**
- **Identify strategies teachers can use to help identify and name emotions**
- **Learn how you can use real-life situations to teach about feelings**

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Agenda

- **Setting the Stage**
- **What is Emotional Literacy?**
- **How does Emotional Literacy develop?**
- **Strategies to Develop Emotional Literacy in Infants and Toddlers**
- **Establishing developmentally appropriate expectations**
- **Wrap-up and Reflection**

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Our Learning Environment

What can the trainer do to facilitate a safe learning environment?

How can other training participants help make the training environment conducive to your learning?

What are some agreements we can make?

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Possible Shared Agreements

- **Confidentiality**
- **Take Care of Yourself and Others**
- **Demonstrate Respect**
- **Right to Pass and Take Risks**
- **Assume Positive Intent**
- **Recognize We Are All Learning**

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How Caregivers Promote Healthy Social Emotional Development

Support social-emotional learning for all infants and toddlers

Help infants and toddlers learn to identify and name feelings and emotions

Use real-life situations to teach about emotions and problem-solve

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CSEFEL Definition of Social Emotional Development

The developing capacity of the child from birth through five...

- **to form close and secure relationships;**
- **experience, regulate, and express emotions in socially and culturally appropriate ways; and**
- **explore the environment and learn;**
- **all in the context of family, community, and culture.**

Adapted from ZERO TO THREE, 2001

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The Pyramid Model: Promoting Social Emotional Competence in Infants and Young Children



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What is Emotional Literacy?

Emotional Literacy is the capacity to:

- **Identify and name our emotions**
- **Understand and express emotions in a healthy way**
- **Recognize, name, and understand emotions in others**

Adapted with permission, Cradling Literacy, 2007

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Emotional Literacy

How does emotional literacy develop?



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Emotional Literacy Talking About Emotions



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Confused
Generous
Worried Important
Ignored Calm
Feeling
Hurt Safe
Words
Jealous Interested
Relieved Angry
Shy Loving Satisfied
Impatient Friendly
Stubborn Uncomfortable

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Strategies to Develop Emotional Literacy

Verbally acknowledge and label emotions expressed by children in care	Assist infants & toddlers with regulating their emotions	Talk about the fact that feelings can change	Use questions about feelings to see if & how a child responds
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Strategies to Develop Emotional Literacy in Infants and Toddlers

Find opportunities in group settings to talk about feelings:

- Stay close & support children when they experience difficulties with peers & need adult support Show positive feelings for both children in conflict
- Let children know through your calm approach that conflict is to be expected and that it can be resolved with help

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Video: Staying Close to Provide Support to Peer Interactions

What did the caregiver do to help these children deal with this challenging interaction?

How can this teacher follow-up and teach about feelings and emotions in this scenario, or other similar types of scenarios?



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Strategies to Develop Emotional Literacy

Choose books, music, finger plays with a rich vocabulary of feeling words

Use puppetry or felt board stories that retell common social experiences & emphasize feeling vocabulary and conflict resolution

Read stories about characters that children can identify with who express a range of feelings

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Video 1.22 Teaching with Puppets

Strategies to Develop Emotional Literacy

Model Positive Relationships:

- Between other caregivers in the care setting
- With other children
- With parents



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Using Books to Support Emotional Literacy: Activity

Select a book to share with your group

Talk about how you would use the book in your classroom

As a group, list feeling words in the book or feeling words you would use to enhance the book



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Using Books to Support Emotional Literacy

What stands out to you as you watch the video?



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Practice Implementation Checklist

Handout 5

Reflect on strategies you use to teach about emotions

Think about what you do now, how you might like to change or improve those practices, or use those practices in new or different ways.

expressions of emotions & teaches about feelings	about me	often	sometimes or differently	never
Understand and provide labels for children's feelings				
Ask questions or expand on children's emotions				
Teach children to recognize others' emotions by pointing out peers' feeling to them				
Use activities to teach about feelings and feeling words				
Label my own emotions in response to real-life classroom situations				
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Use real-life classroom situations to help toddlers problem-solve				
My Notes:				

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Reflection



What questions do you have about the material we discussed?

What insights, if any, do you have about your own practices, the children, and/or their families?

What strategies did you see or hear that might be useful in your role and work?

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Messages to Take Home

Emotional literacy involves:

- Identifying and naming emotions in ourselves and others
- Understanding and expressing emotions in a healthy way

Emotional literacy in very young children is a result of having supportive relationships with adults

The language we use is an important element of emotional literacy

Specific strategies to develop emotional literacy include:

- Using Adult/child relationships to expand child's awareness
- Finding opportunities in group settings
- Using enriching language tools
- Modeling positive relationships

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