

Emotions Matter

An Overview for Early Childhood

Welcome!

- Why Emotions Matter
- The Skills of Emotional Intelligence
- The Mood Meter and the Classroom



Emotions Matter!

- Emotions (and what we do with them) influence:
 - Attention, memory, and learning
 - Decision making and judgment
 - Relationship quality
 - Physical and mental health
 - Everyday effectiveness

...at home, in the classroom, and at work!



Learning IS
Social and
Emotional.

What is Emotional Intelligence?

- Emotional intelligence is about what we “do” with our emotions.
- It gives us a guide to understand the role of emotions, the information we can gain from them and our ability to manage them.
- We need these skills to be successful in school, at work and in life.

Emotional Intelligence in Early Childhood

- Critical period for brain growth
 - Language Development
 - Language helps build our brains in early childhood.
 - Social and Emotional Development
 - We develop our mental map for how we understand feelings and relationships in early childhood.

The RULER Skills

R ecognizing emotions in oneself and others

U nderstanding the causes and consequences of emotions

L abeling emotions with a nuanced vocabulary

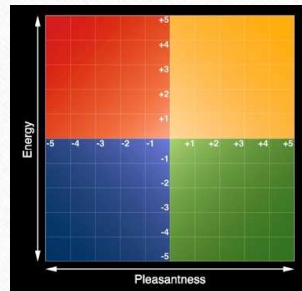
E xpressing emotions in accordance with cultural norms and social context

R egulating emotions with helpful strategies

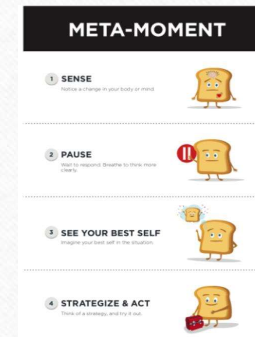
RULER & The Anchor Tools



The Charter

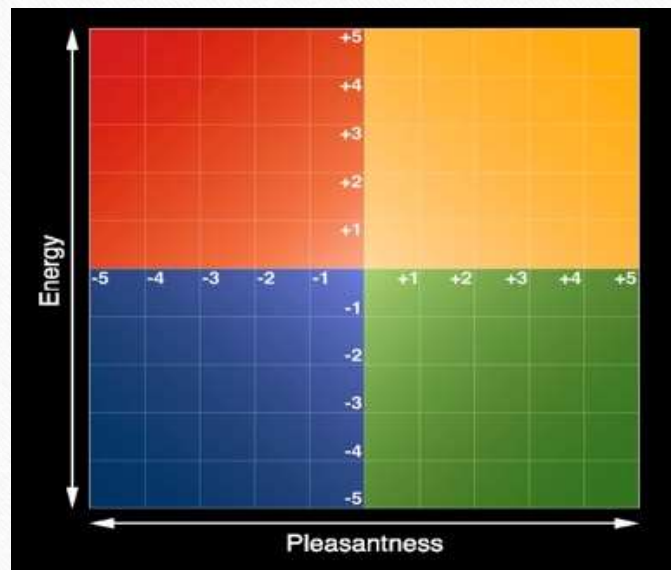


The Mood Meter



The Meta-Moment

RULER & The Anchor Tools



RULER in the Classroom

- Checking in on the Mood Meter
- Creating a classroom Charter
- Emotion Regulation

RULER in the Classroom



Family Practices - Storybooks

- When reading storybooks:
 - Talk about how the characters might be feeling.
 - Based upon how they're feeling, plot where they are on the Mood Meter.
 - Discuss why characters are feeling a certain way, whether they want to continue to feel that way, and what they could do to keep or change the feeling.

Family Practices – Emotion Awareness

- Share stories about times you have felt certain emotions and how you managed those feelings.
- Use the Mood Meter to help your child communicate how they are feeling.
- Play guessing games by making facial expressions and body movements to act out different emotions.

Family Practices – Emotion Regulation

We can help children learn emotion regulation strategies by practices at home.

- Examples:
 - Help children learn what calm feels like in their bodies (practice taking deep breaths, listening to calming music, stretch or do yoga).
 - Try out sensory tools, like squishy balls or glitter jars.
 - Acknowledge children's feelings by labeling them, letting them know the feelings are ok and giving them time to express them in appropriate ways.
 - Model regulation strategies ("Let's dance to get ourselves energized to pick up these toys.")

Thank You!

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<https://www.southingtonschools.org/parents-students/emotional-intelligence>