

Supporting Children's Social and Emotional Development

- By using books that present emotions, it gives the child time to process emotions and create an understanding of what they mean.
 - A Storybook example that talks about emotions - Sometimes I Feel Sunny by Gillian Shields
<https://www.youtube.com/watch?v=9tJDIKz-OjI>
- When looking at story books or watching TV/films, use comments that will support children to think about emotions. Use the daily stories to incorporate emotional discussion. E.g. 'I wonder how they feel now' or more guided by stating 'they must be feeling quite sad now' (some ideas of questions can be found in the Storybook follow up questions document).
- Supporting Children's resilience through developing independence in their ability to make decisions. When a child is struggling to understand turn taking, you could ask the child:
 - 'What do you think should happen?'
 - 'What do you think is the fair solution if you both want a go?'

By outlining the situation and the emotions of everyone involved, each time a similar situation arises, the child will begin to consider the emotions of others and finding fair solutions – e.g. 'They should have 5 minutes and then I will have 5 minutes', which can be supported with the use of a timer.

- Discuss similarities and differences between family members and friends to build an awareness of differences in people in the community. You could turn this into a creative opportunity by providing children with opportunities to draw or paint pictures of family/friends to support the discussions.