

Emotional Literacy



Infant

- Express emotions non-verbally (e.g. cry, smile, look away).
- Pick up on caregiver's emotions.
- Recognize different facial expressions.



Toddler

- Understand 'happy', 'sad', 'angry'.
- May be overwhelmed by big emotions.
- Demonstrate caring actions towards others.



Preschool

- Understand a wider range of emotions words.
- Start recognizing the experience of two emotions at once.
- Able to express and discuss emotions verbally.
- Start demonstrating care and concern for others.



Educator Practices to Support Emotional Literacy



Foster relationships where children feel safe bringing their emotions to you.

Use emotion words regularly in the classroom and at home.

Play games about emotions.

Read scripted stories about emotions.

Plan activities that provide opportunities to show emotions.

Co-regulate with children in all of their feelings.

Acknowledge each child's emotions throughout the day.

Sing songs and read stories about emotions.

Have visuals so children see what different emotions look like.

Role model expressing emotions in a healthy way.

