



Social & Emotional Kits- Preschool

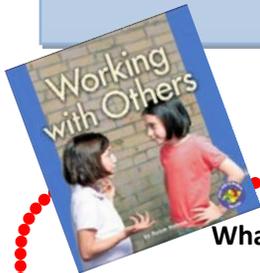


How to support Social & Emotional Development in your Preschooler!

- While you are reading, ask questions about the emotions displayed in the story. Ex; "Why is the little girl sad?"
- Ask your child to explain what might happen when someone is feeling a certain way. Ex; "Does the little boy cry when he is sad?"
- Help your child relate to the book. Ex" What makes you feel sad?" (or happy, or angry.)
- Encourage relationships and talking about feelings. Ex "If you are upset who do you talk to?"

For preschoolers, the main focus is to teach them how to understand and express their emotions properly. They deal with the same emotions that adults do, however, they do not have the same understanding on how to express or verbalize how they are feeling. Instead they usually act out in a physical way that is inappropriate. Here are some tips on how you can help your preschooler to deal with their feelings:

1. Explain. Make sure your child is aware of the emotion they are going through. Use pictures, books, or videos to help get your point across.
2. Teach. Give your child ways to deal with their feelings. Talk to them and let them suggest ways that feelings can be dealt with. Use real life examples; "You are having a hard time putting your puzzle together and you are feeling very frustrated. What can you do? I think you could ask for help or take a deep breath and try again. What do you think?"
3. Praise. When your child talks to you about their emotions rather than act out, show praise for doing so.
4. Support. Continue to support your child and encourage them to tell you when they are going through different emotions. Continue to talk about new ways to deal with emotions.

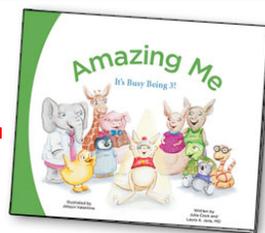


What's included in the kit?

- ✓ Emotion Counting 1-10
- ✓ *Mirror, Mirror* Song
- ✓ Social and Emotional Tips for Development



Angela Kuehl
Early Literacy Specialist, County of Renfrew
akuehl@countyofrenfrew.on.ca



Suggested Books & Tools

- ✓ *Working With Others* By Robin Nelson
- ✓ *Amazing Me It's Busy Being 3!* Julia Cook & Laura A. Jana
- ✓ *The Way I Feel* Books By Cornelia Maude Spelman
- ✓ *Mirror*

