



Children's Emotional Wellbeing – Views from the Early Years Sector

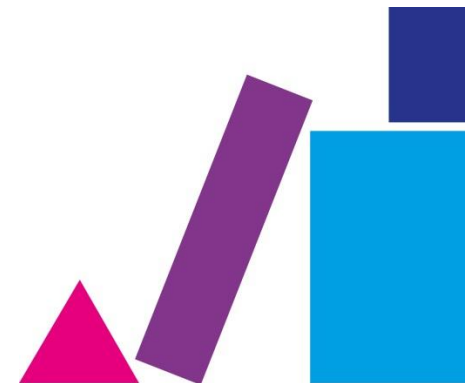
Michele Doull – Head of Professional Learning and QA

Jane Whitaker – Professional Learning Manager



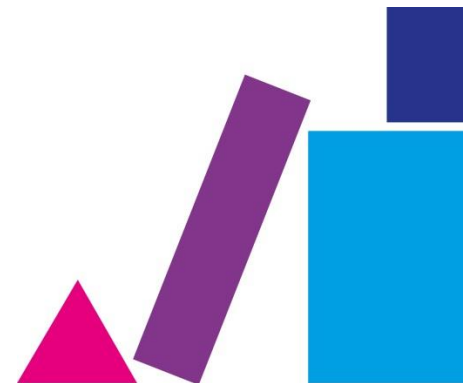
Early Learning and Childcare Documentation

Early Years Scotland
Investing in our youngest children



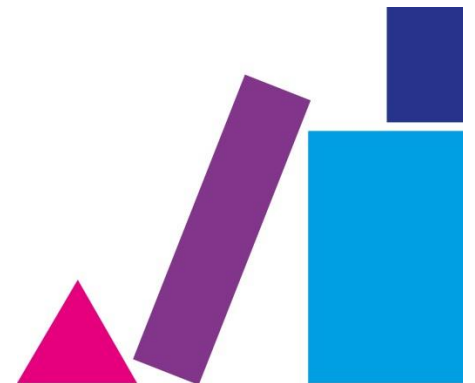
When we talk about capturing and understanding children's emotions, what does this mean to you and how can this be seen in your practice?

- Observing, interaction, listening, recording and sharing.
- Activities which children to play games, read books with the language of emotions.
- Children are placed at the centre of their wellbeing and staff follow the guidance set out by SHANARRI wellbeing indicators to address any concerns.
- Mindfulness approach
- The key word in this question for me is 'capturing', for a professional to fully connect with the children in the setting and understand them, gives a full perspective on how they can support the child in the progression to success. Creating a positive relationship is what helps to support the understanding of children's emotions.



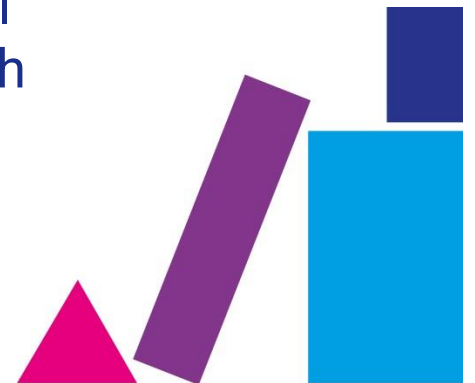
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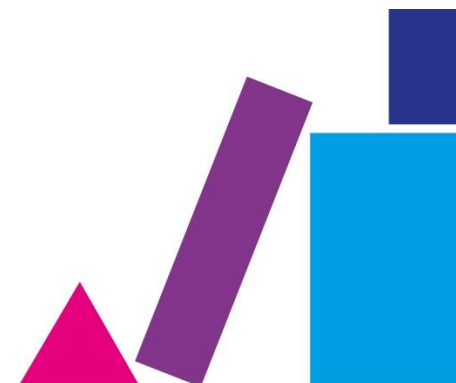
- Singing, visuals, stories, talking and discussing ideas, using hand held mirrors, emotion stones.
- Honouring every emotion a child feels and allow them to express their emotions without judgement. Recognising how they feel and feel why they this way.
- That all behaviour is communication-if children are overwhelmed by emotions we need to look at triggers and how we can help them to express themselves safely
- We use The Colour Monster and Owl Babies
- Emotional 'check-ins'



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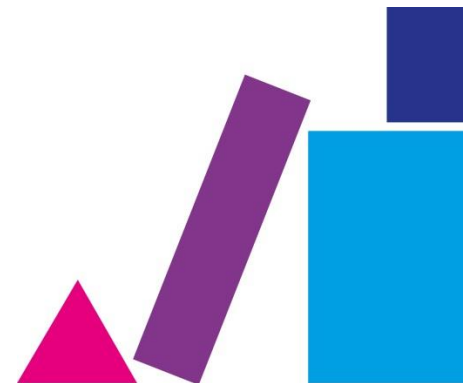
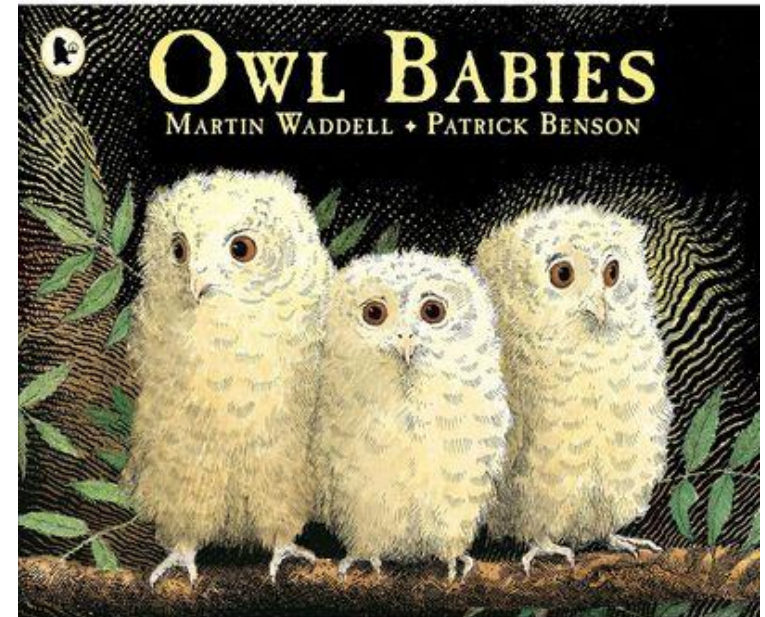
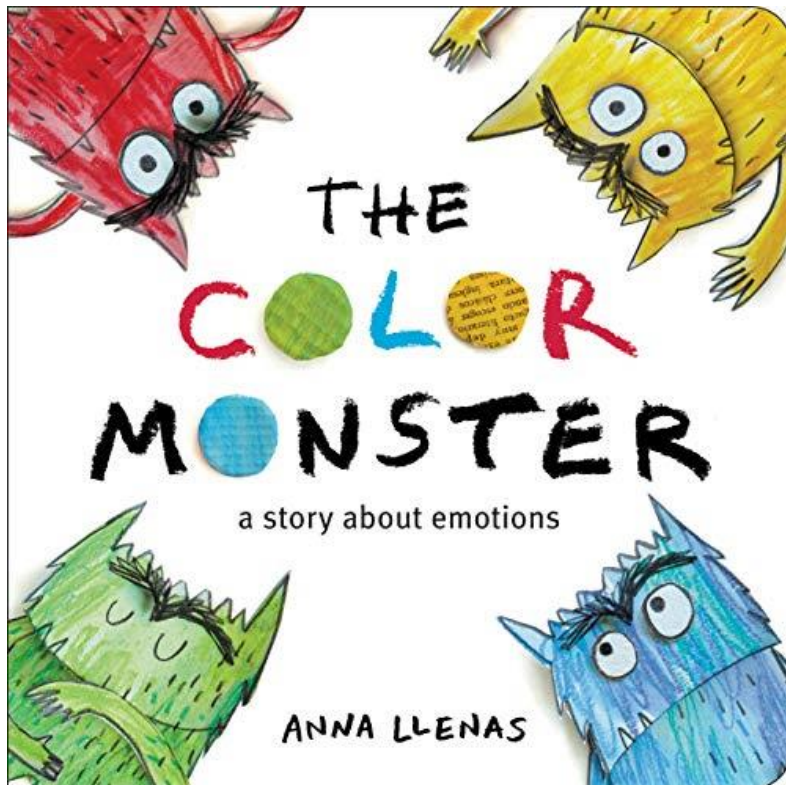
- We do a lot of emotions work- helping children to identify and name their emotions and know that no emotion is 'wrong'. We have a nurturing approach to children's big feelings, an emotions check in in arrival, big library of books to normalise talking about emotions. We have also created a partnership with parents 'support bag' on various topics- including emotions. This is a bag with info for parents about how and why they can support their children's emotional development plus a selection of books to share with their child.

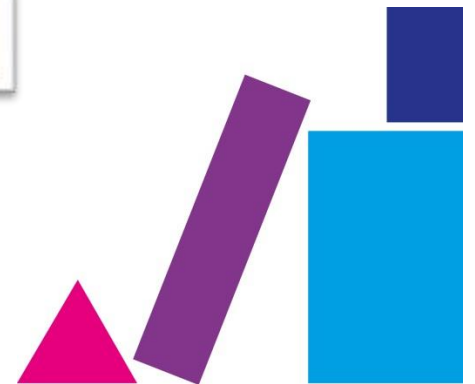




Stories and Books

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Breakout Rooms - Questions

- What does wellbeing mean to you?
- What is our role in supporting emotional wellbeing?
- Do you, your team, families, have a common understanding?

