

Emotional Literacy

Infants

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



Toddlers

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



Preschool

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



Educator Practices to Support Emotional Literacy

Foster relationship where children feel safe bringing their emotions to you

Use emotion words regularly in the playroom

Co-regulate with children in all their feelings

Acknowledge **each** child's emotions throughout the day

Play games about emotions

Sing songs about emotions

Read scripted stories about emotions.

Plan activities that provide opportunities to show emotions

Have visuals so children see what different emotions look like

Role model expressing emotions in a healthy way

