

Personal, social and emotional development

Managing Feelings and Behaviour 2-3 years

What adults could provide:

- Different areas in the room to support children's different moods and feelings:
 - safe enclosed comfortable spaces where children can retreat to relax and feel safe and secure on their own or with an adult;
 - a wide range of open ended sensory and creative experiences where children can explore and be active
- Painting, drawing, small world, puppets, clay : learn about expressing feelings in different ways
- Photographs and pictures of emotions for children to look at and talk about
- Mirroring games with movements, gestures, expressions, imitate different feelings with eyes and facial expressions. Make funny faces together



What adults can do:

- Always stay calm, get down to the child's level and make eye contact – close communication can be calming
- Accompany the child into any new situation: talk about feelings/sensations
- Appreciate who they are and how they are, make sure you give specific descriptive comments about who they are, not what they do
- Attune to the child's emotional state; validate their experience to show you really understand even if you do not agree or wish they felt another day
- Be consistent in your responses. Agree an approach with colleagues and stick to it.
- Help children to begin to recognise when their actions hurt others, be wary of expecting children to say 'sorry' before they have a real understanding of what it means

