

Personal, social and emotional development Managing Feelings and Behaviour

3-4 years

What adults could provide:

- Early warning of impending end of an activity or session. Use sand timers or special stickers on the clock
- Visual reminders of rules and routines
- Mirrors to practice communicating feelings with eyes and facial expressions
- A range of music available that captures different moods
- A safe space for children to go to calm down, or if they want to be quiet or on their own
- Activities to help calm them e.g. blowing bubbles or windmills for deep breathing, soft balls or playdough to squeeze



What adults can do:

- Always stay calm, get down to the child's level and make eye contact –close communication can be calming
- Provide clear boundaries appropriate to the age and emotional development of the child and stick to them
- Provide lots of notice about change, describe changes and help the child to anticipate and manage them
- Find every opportunity for praise and positive reinforcement, being clear with the child what you are praising them for
- Share therapeutic stories
- Make sure children know that it is OK to have strong emotions. Name and validate these strong emotions while supporting the children to express them safely and show them how to regulate, calm and soothe themselves

