



## Quarterly Newsletter

Dear Families,

This year we are excited to be partnering with the Achievement Centers for Children. They will be working with our preschool to help enhance our Social Emotional Learning program.

The Social Emotional Learning program was designed to help young children develop social skills that are foundational to long term academic and social success, integrating evidence-based approaches and tools that maximize positive outcomes. Supported by United Way, this preschool consultation program assesses the social-emotional development of all students, identifies children who need additional support, empowers school personnel to tailor strategies to those students and engages parents throughout the process.

The Achievement Centers for Children will be conducting a **parent presentation on the DECA Tuesday, November 26<sup>th</sup> at 10:15am and 1:45pm followed by the preschool sharing feasts.** We hope that you will make time to help learn how to support your child's social emotional learning.

In the meantime, I have some information to share on the importance of children identifying, understanding and responding to emotions.

***What is emotional awareness?*** Emotional awareness is an understanding that one has both thoughts and feelings and these are distinctly different. It is also the ability to identify and name feelings. Thirdly, it is the ability to realize that others have feelings and that they may be the same or different from ours. Without these skills, we aren't able to develop relationships and bond with each other. Children often learn these skills by watching their parents, peers and other adults.

***Why is this important?*** Research shows that children who understand and regulate their own emotions and know how to deal with the emotions of others, do better academically and socially.

***Emotional development:*** Many factors influence emotional development, including a child's temperament, his/her cognition, language development and socialization. Positive emotions tend to facilitate learning while high levels of negative emotions make learning more difficult. Children are influenced by the way they see others handle emotions, reactions to the child's emotions by adults and peers, what they see on T.V., and what they learn from discussions with you.

### ***Specific skills addressed in the SEL program***

As children enter preschool, the opportunities for conflict and misunderstandings multiply. They need direct instruction and support to gain control over the situations they create and respond to. The SEL program focuses on *emotion expression*, which is the experience and display of emotional states. We also focus on *emotional regulation*, which is the ability to identify and control one's emotions. The third skill is *emotion knowledge*, which is understanding how emotions affect individual behavior and social relationships.

### **How else can I increase my child's emotional awareness?**

- **Role play** - *Pretend to lose a favorite toy and have the child identify how this might make her feel.*
- **Learn names of emotions.** - *Label the feelings of people in magazine or family photos.*
- **Act out emotions** - *Stand in front of the mirror and take turns making faces. Ask, "What is my face telling you?"*
- **Read story books** - *Talk about the emotions of the characters in your child's favorite story books.*

I hope you found this information helpful and look forward to seeing you on November 26<sup>th</sup> to learn more about social emotional learning. Should you have any questions, please don't hesitate to contact me at 216.691.2200.

Thanks,

Lee Fuller

Early Learning Coordinator

