



EMOTIONAL LITERACY & PROBLEM SOLVING FOR CHILDREN

Enhancing Young Children's Emotional Literacy

Emotional literacy is the ability to identify, understand, and respond to emotions in oneself and others in a healthy manner. Children who have a strong foundation in emotional literacy tolerate frustration better, get into fewer fights, and engage in less self-destructive behavior than children who do not have a strong foundation. These children are also healthier, less lonely, less impulsive, more focused, and they have greater academic achievement. Teaching children how to read emotions and express them in ways that are socially and developmentally appropriate helps to prevent challenging behaviors.

The first step is teaching children words to represent their emotions. As a teacher you can model emotional words for children by labeling your own emotions and designing lessons to teach vocabulary about feelings. Supporting children to

identify their own emotions will help them to expand their own emotional vocabulary. You can enhance young children's feeling vocabulary by playing games, singing songs, and reading stories with new feeling words (such as feeling bingo, Happy and You Know It songs or charades).

If You Want It, Teach It!

***"If a child doesn't know how to read, we teach.
If a child doesn't know how to swim, we teach.
If a child doesn't know how to multiply, we teach.
If a child doesn't know how to drive, we teach.
If a child doesn't know how to behave,
we.....teach?punish?
Why can't we finish the last sentence as
automatically as we do the others?"***

- Tom Herner (NASDE President) Counterpoint 1998, p.2

FEATURED ARTICLES

[Helping Young Children Control Anger and Handle Disappointment](#)

[Problem Solving Steps Wrist Cards](#)

["You Got It!" Teaching Social and Emotional Skills - by Lise Fox and Rochelle Harper Lentini](#)

[Helping Children Understand Emotions When Wearing Masks](#)

Problem Solving

Young children learn best from the everyday experiences of solving problems which are meaningful to them. Adults can teach problem solving about social problems by teaching children using the following steps: 1) Identify what the problem is; 2) Think about solutions; 3) Think about what will happen if I do this (one of the solutions) and how the other child will feel if I do this?; and 4) Try the solution. You may want to teach the problem solving steps by role playing different scenarios throughout the day. This will help children understand and use this process. Create visuals of the problem solving steps and hang them at the children's eye level and refer to the steps frequently during daily interactions.

Teachers can find problem solving kits at https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_solution-kit.pdf

CHILDREN'S BOOKS



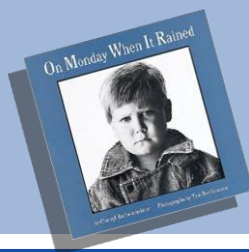
Glad Monster, Sad Monster

By Ed Emberley & Ann Miranda



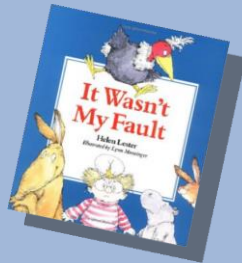
On Monday When It Rained

By Cherryl Kachenmeister



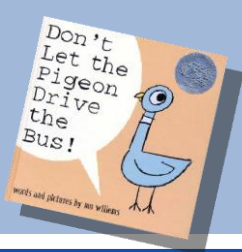
It Wasn't My Fault

By Margery Cuyler



Don't Let the Pigeon Drive the Bus

By Mo Willems



EFFECTIVE TEACHING



Examples of Emotional Literacy

- ✓ Model and label your own emotions and appropriate ways to express emotions
- ✓ Use a variety of strategies to teach children about emotion words
- ✓ Use a variety of strategies to teach children how to recognize emotions in themselves and others
- ✓ Validate children's emotions by labeling them and allowing them to talk about how they feel

Examples of Problem Solving

- ✓ Specifically teach the steps to solving problems
- ✓ Engage children in generating solutions to common classroom challenges
- ✓ Post visual reminders about the problem solving steps

TRICKS OF IMPLEMENTATION

- Implementing Emotional Literacy into Direct Teaching Time The Solution Kit https://youtu.be/jvNHkiDoV_0
- Problem Solving <https://youtu.be/cpClBrqWEwg>
- Implementing Emotional Literacy into Direct Teaching Time <https://youtu.be/oU35I6htGzk>



PARENT RESOURCES

- [Teaching Emotions: Activity Ideas to Share with Families](#)
- [How to Help Your Child Recognize and Understand Sadness](#)
- [We Can Be Problem Solvers at Home!](#)



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University of Connecticut Center for Excellence in
Developmental Disabilities Education, Research and Service

263 Farmington Avenue, Farmington, CT 06030-6222

Telephone: 860-679-1500 / Toll-Free: 866-623-1315

TTY: 860-679-1502 / Fax: 860-679-1571

www.uconnuedd.org

