

# Social Emotional Learning

Lessons are taught twice a month to students 3 to 5 years old, by the Director of Curriculum, April Steigerwald.

Using the Illinois Early Learning Development Standards, lessons are created to help children grow socially and emotionally at an appropriate rate for their age level.

- Labeling feelings
- Recognizing when they are experiencing a feeling
- What to do or how to react
- Working as a team with other students
- Following directions/listening to teachers
- Making appropriate choices in the classroom





# The Choices We Make

In class we will also focus on the choices that students make. I have found that at an early age, students begin labeling each other as 'good' or bad' according the choices we make. It is a goal of mine to make it very clear that there are no "BAD" kids, therefore we refer to the choices we make as GREEN and RED choices, not good or bad.

Below are some examples of choices I give the students in my class.

## Green Choices



## Red Choices



# Identifying the Problem and Using Coping Techniques

All classrooms at Little Jewels at the Preschool level or higher, have a Calming Corner that is used. The area was introduced to the students after doing a study on the story 'Tucker Turtle'. In the story Tucker Turtle introduces the strategies he uses when he gets upset.

The link below will take you to a YouTube Video of the Tucker Turtle book.

<https://youtube/Vh5z9FPucMU>

## Calming Center Items

A timer, a blanket, fidget toys, a mirror and a Tucker Turtle.

