



# Emotional Well-being/Literacy

## **Introduction - Well-being incorporates:-**

- physical and psychological aspects
- is central to a child's identity and belonging
- includes good health
- feelings of happiness
- satisfaction
- good social functioning.
- confidence and optimism
- maximises children's learning potential
- crucial to the disposition of resilience
- builds children's capacity to cope with day to day stress and challenges
- the ability to persevere when faced with the unfamiliar and challenging learning situations

# Aim

To promote children's emotional well-being/literacy by building the capacity of pre-school practitioners to incorporate appropriate activities into children's routines

# Objectives

- ❑ Examine the theory and principles of emotional well-being and emotional literacy
- ❑ Discuss emotional well-being/emotional literacy and how it affects our overall health
- ❑ Examine the constructs of Goleman's Emotional Literacy and how this works in practice
- ❑ Reflect on supporting children and families to develop their emotional well-being and emotional literacy
- ❑ Provide a sustained curricular input of emotional well-being and emotional literacy into the pre-school setting
- ❑ Support children holistically to develop their emotional well-being and emotional literacy

# Objectives cont....

- ❑ Support children to recognise, understand, manage and express their own emotions
- ❑ Support children to develop an emotional vocabulary, coping skills and strategies in dealing with everyday situations and different life situations.
- ❑ Work together with parents by providing information and support for their own emotional well-being/emotional literacy.
- ❑ Work together with parents in supporting their own children's well-being/emotional literacy.