

Supporting the Development of Empathy, Resilience and Respect in Under 3's

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AGES
0-3

Wednesday 21st October 2009

9.30am – 3.30pm

October

Every day, every experience and everyone we meet evokes an emotional response in each one of us. As adults we are more attuned to this; however, for very young children it can be unknown or unexplored territory.

Supporting children by talking and playing in order to explore and challenge their emotional literacy is a vital part of every practitioners daily role. It may not be easy or the most comfortable part of what we do, but done effectively it can be incredibly rewarding and have huge implications for every child's future.

Aims

- To explore the emotions of our youngest children and how they are demonstrated as well as to develop an understanding of them from a child's point of view;
- To highlight how valuable young children's emotions are, even "negative" ones;
- To reflect on current research and thinking on emotional literacy.

During the day delegates will consider early brain development, how it supports the development of empathy, respect and resilience. They will explore the concepts of self esteem and self image and how vital a young child's sense of wellbeing is to the development of a 'child centred experience'.

Delegates will consider various resources, environments and strategies that can be adopted into their practice to encourage children to explore, feel, respond to and understand their emotions.

