

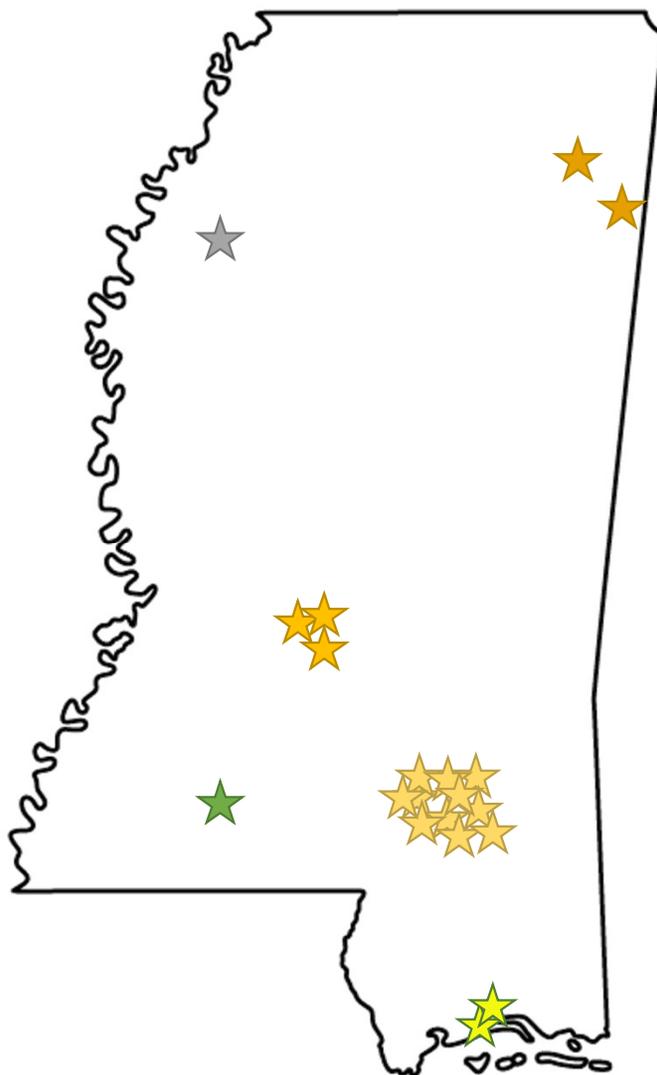


## Fostering Social Literacy:

*strategies that support  
social-emotional  
development*

# Mississippi

EARLY CHILDHOOD  
INCLUSION CENTER



- The overarching goal of the Mississippi Early Childhood Inclusion Center (MECIC) is to meet the needs of early childhood educators, families, and young children with special needs by providing high quality early childhood inclusion.
- For training and technical assistance information visit <https://mecic-usm.org/> or call 601-266-4547 (Hattiesburg) or 228-214-3510 (Gulfport.)

MECIC  
R&R

108 Sheffield  
Loop  
Hattiesburg, MS

MECIC  
R&R

370 Courthouse  
Rd. Suite 101  
Gulfport, MS





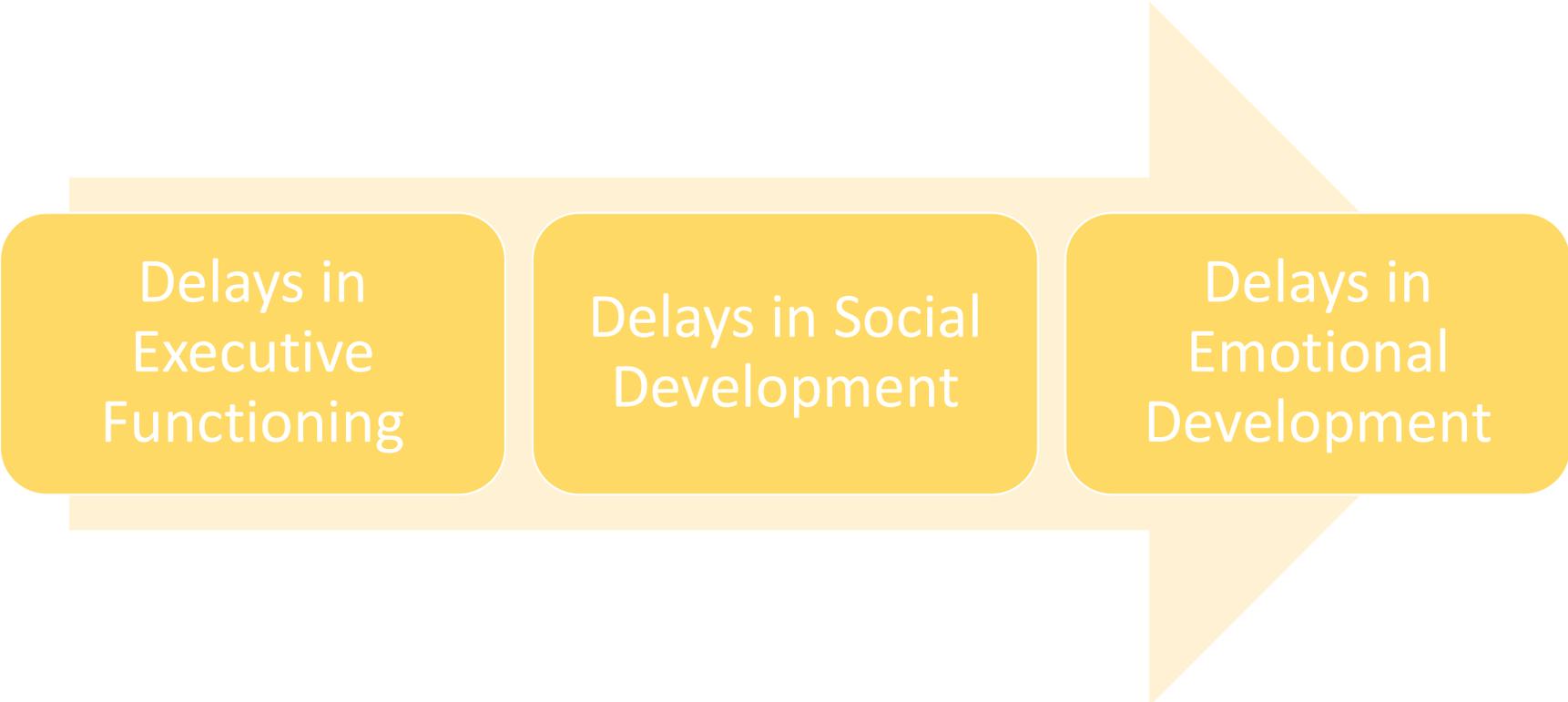
## Training Opportunities

- Credentials
- Foundational Series
- Expanded Trainings
- Quality Trainings
- Lunch and Learn Trainings

# Learning Objectives

1. How do you define emotional literacy?
2. Why is it important to thread social-emotional skills throughout the learning environment?
3. What are strategies for teaching social-emotional skills & increasing social-emotional literacy?

# Children with ADHD & Related Learning Differences



Delays in  
Executive  
Functioning

Delays in Social  
Development

Delays in  
Emotional  
Development

# Pyramid Model

- Allows us to create environments that support children's social and emotional development.
- Allows us to teach skills that children have not developed.



# Supporting Social-Emotional Development

- Emotional Literacy
- Expression





**What is emotional literacy?**

**The ability to identify, understand, and express emotions in a healthy way.**

# Why is emotional literacy important?



Tolerate frustration better.



Engage in less destructive behavior.



Healthier.



Less lonely.



Less impulsive.



More focused.



Greater academic achievement.

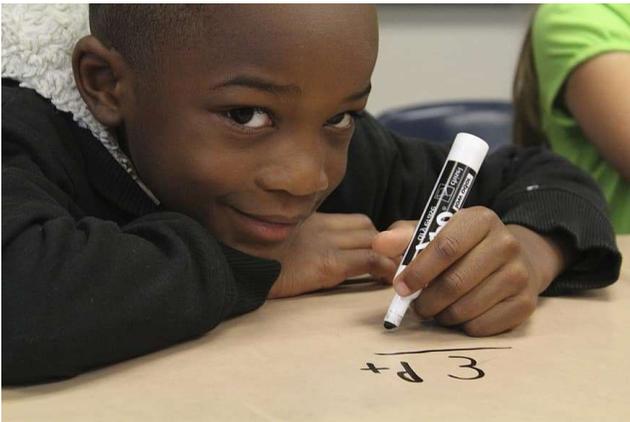
# Learning About Feelings

- Identify own emotions and express pride in accomplishments. (pre-k)
- With prompting, identify positive and negative emotions (i.e., happy, sad, mad, angry, surprised, loved, embarrassed, anxious, afraid, proud) based on characteristics associated with each emotion. (k-2)
- Utilize words or gestures to communicate own feelings. (k-2)
- Describe situations that cause range of emotions. (3-5)



Direct & Indirect Teaching

# Indirect Teaching Moments: What could you say?



strategies for  
teaching:  
emotional  
literacy





**Sad**



**Excited**



**Disappointed**



**Brave**

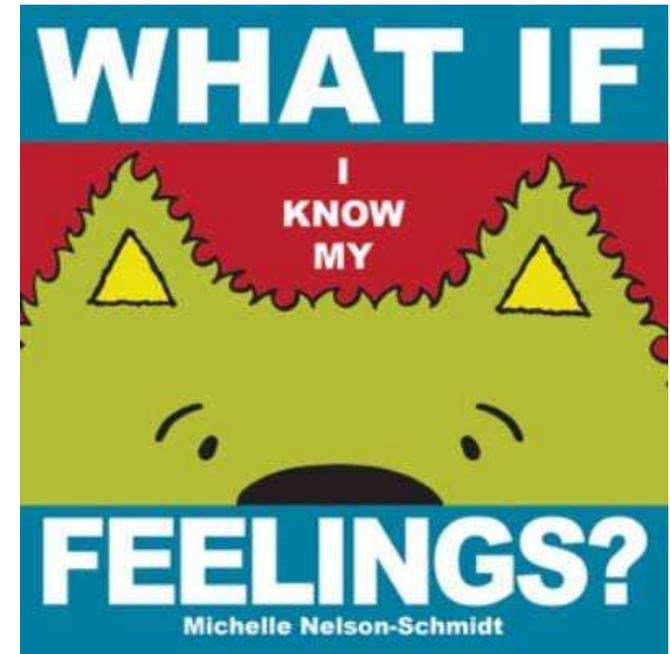
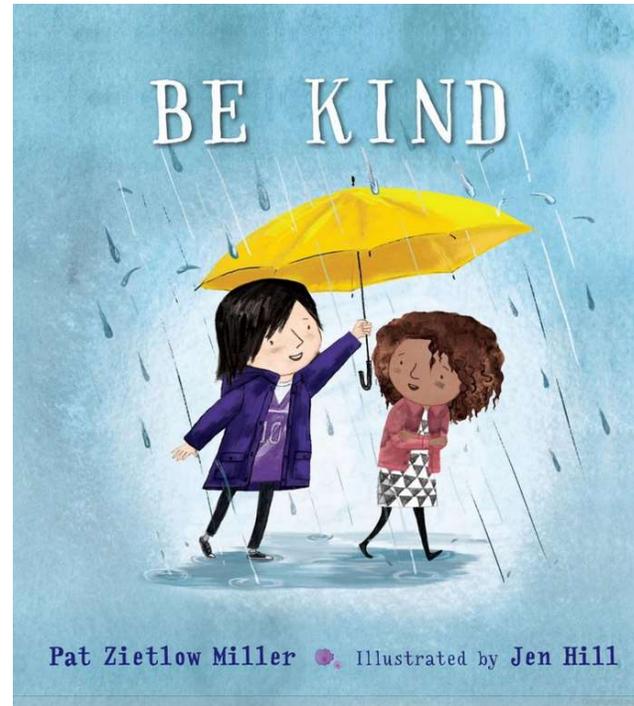
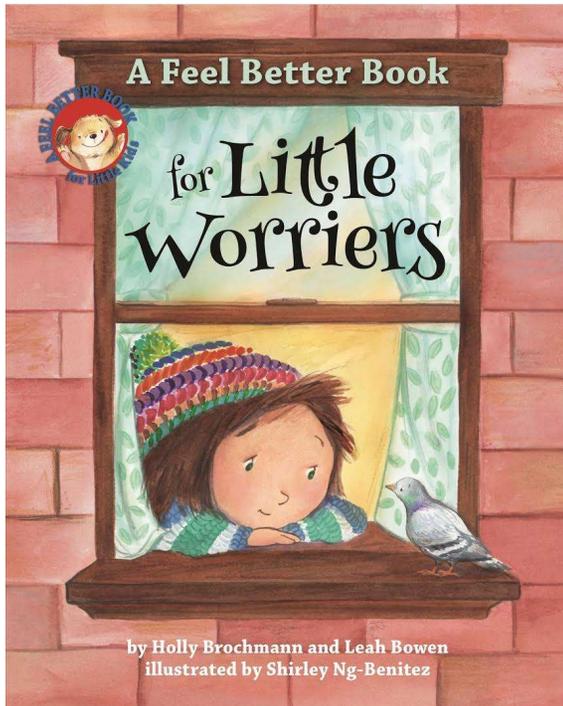


**Serious**



**Cheerful**

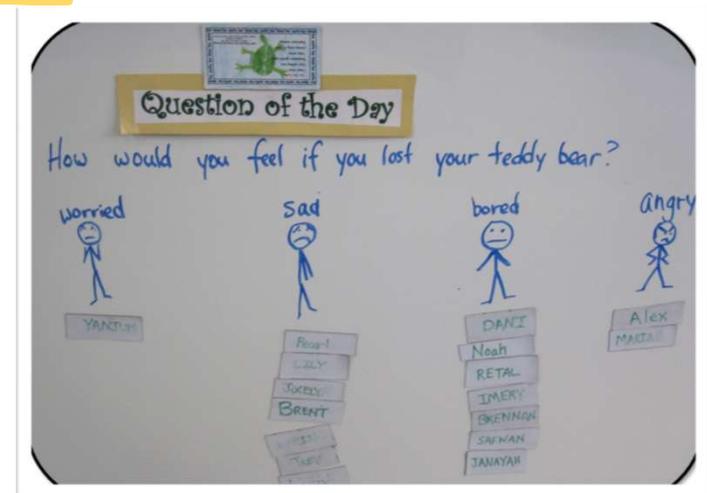
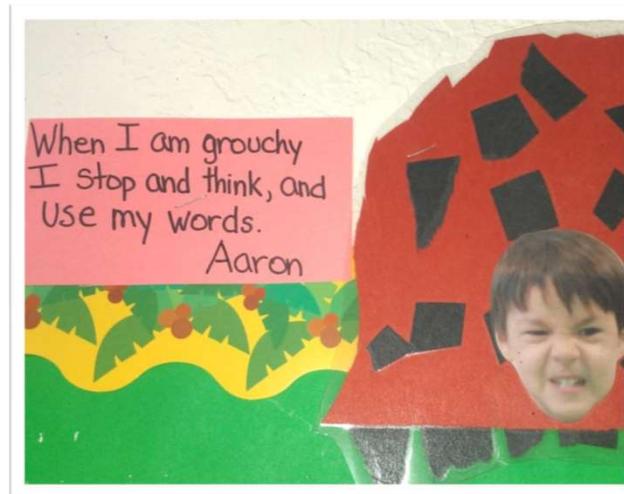
1- Label emotions throughout the day.



2- Include books about emotions.

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# 3- Plan for experiences around emotions.



Additional Classroom Characteristics:  
Promoting Emotional Literacy

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Posters/Photos of Emotions

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SEL Materials: puzzles, games, puppets

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Visual Supports

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Efforts occur daily.

# Emotional Expression



# Learning How to Express Emotions

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- With support and guidance, manage emotions. (pre-k)
- Demonstrates flexibility adapting to different environments (library, cafeteria, playground.) (pre-k)
- Begin to develop the ability to self-regulate when experiencing negative emotions. (k-2)
- With support, describe connections among thoughts, emotions (i.e., feelings) and behaviors (e.g., if my sister makes me mad, I might want to yell at her). (k-2)
- Demonstrate ability to appropriately express emotions. (3-5)
- Develop strategies to use when angry or stressed (e.g., walk away, counting to 10, seek help, etc.) (3-5)

# How do I plan for direct teaching of emotional expression?

1

Teach to control anger and impulse.

2

Teach children to recognize anger in self and others.

3

Teach children how to calm their body.

4

Teach children how to express emotions.

strategies for  
teaching  
emotional  
expression



1- Teach calming techniques.

## Take a Deep Breath

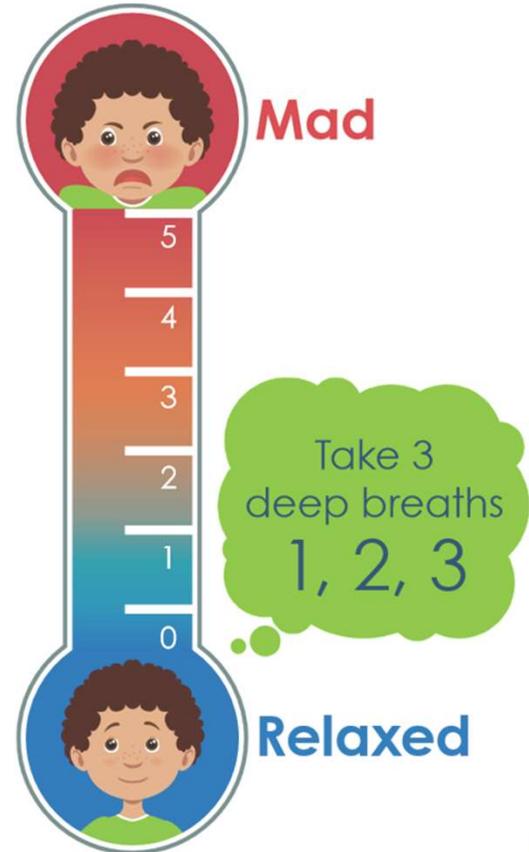
Smell the flower



Blow the pinwheel



## Relaxation Thermometer



## 2- Teach problem-solving steps.



**Step 1.** What is my problem?



**Step 2.** Think, think, think  
of some solutions.



**Step 3.** What would happen if...?  
Would it be safe? Would it be fair?  
How would everyone feel?

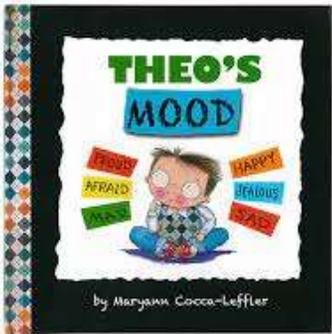


**Step 4.** Give it a try!

3 - Provide a space for self-regulation.

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Relaxation Thermometer

Mad

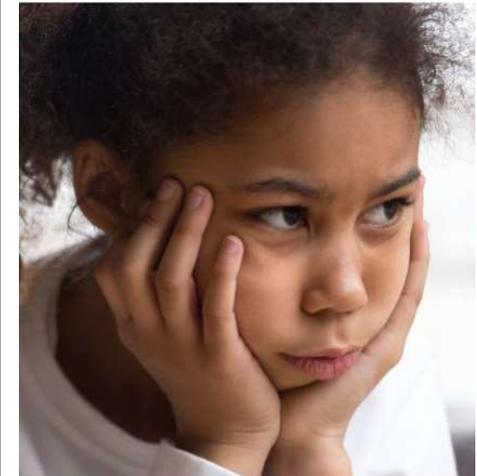
5  
4  
3  
2  
1  
0

Take 3 deep breaths  
1, 2, 3

Relaxed

NCPMI

Step 1. What is my problem?



**Disappointed**

# Direct Teaching: Planning for Social-Emotional Development

Discover  
More Social-  
Emotional  
Resources

National Center for Pyramid Model  
Innovations

<https://challengingbehavior.org/resources/>

Local Trainings Available:

MECIC: <https://mecic-usm.org/>

ReachMS: <https://reachms.org/>



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