

Emotional Literacy

Infants

- Express emotions non-verbally (e.g. cry, smile, look away).
- Pick up on caregiver's emotions.
- Recognize different facial expressions



Toddlers

- Understand “happy,” “sad,” “angry.”
- May be overwhelmed by big emotions
- Demonstrate caring actions towards others.



Preschool

- Understand a wider range of emotion words
- Start recognizing the experience of two emotions at once.
- Able to express and discuss emotions verbally.
- Start demonstrating care and concern for others



Educator Practices to Support Emotional Literacy

Foster
relationship
where children
feel safe bringing
their emotions
to you

Use emotion
words
regularly in
the playroom

Co-regulate
with children
in all their
feelings

Acknowledge
each child's
emotions
throughout the
day

Play
games
about
emotions

Sing songs
about
emotions

Read scripted
stories about
emotions

Plan activities
that provide
opportunities
to show
emotions

Have visuals so
children see
what different
emotions
look like

Role model
expressing
emotions in a
healthy way

