

**DOMAIN 3: SOCIAL AND EMOTIONAL DEVELOPMENT****SUB-DOMAIN: EMOTIONAL DEVELOPMENT****SELF-CONTROL****GOAL 38: CHILDREN REGULATE THEIR FEELINGS AND IMPULSES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
<p><b>60 Months through Kindergarten</b></p>	<p>Manages, regulates, and expresses feelings in social acceptable ways, most of the time.</p>	<ul style="list-style-type: none"> <li>▪ Expresses self in safe and appropriate ways (e.g. expresses anger or sadness without aggressive behaviors).</li> <li>▪ Shows ability to control destructive impulses, with guidance.</li> <li>▪ Seeks peaceful resolution to conflict.</li> <li>▪ Stops and listens to instructions before jumping into activity, with guidance.</li> <li>▪ Responds to adult guidance when there is a special health care need.</li> <li>▪ With frequent reminders, follows social rules that require self-monitoring (e.g. no running at Grandma's house, no talking in church, no kicking the seat in front of you on a plane).</li> <li>▪ Applies rules to new but similar situations.</li> <li>▪ Explains simple family or classroom rules to others.</li> <li>▪ Expresses feelings through dramatic play or active physical play.</li> <li>▪ Shares excitement with peers, caregivers, and adults.</li> <li>▪ Acknowledges sadness, fear, or disappointment about events (e.g. loss, changes in caregiver, cancellation of a trip, divorce, or death of a loved one or pet).</li> <li>▪ Displays emotional expression without undue inhibitions (e.g. cries when feeling sad).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Plan and give children plenty of time to talk in group discussions about problem solving and conflict management.</li> <li>▪ Help child understand and accept different ways of expressing emotion and communicating (e.g. brainstorm rules that prohibit children from making fun of each other's differences).</li> <li>▪ Provide opportunities for child to share and talk about feelings with adults and peers (e.g. active listening: getting down on the child level, making eye contact, naming feelings).</li> <li>▪ Positively acknowledge child for expressing emotions appropriately.</li> <li>▪ Help children express their feelings as they play with others, pretend with toys, express emotions using the arts, or listen and respond to stories, songs, and poetry.</li> <li>▪ Provide transition cues when moving to new activities, including schedule boards, count down cards, five minute reminders, and clocks and timers.</li> <li>▪ Respect individual differences between children's personalities and temperaments.</li> <li>▪ Use posters, pictures, and words that identify emotions at children's eye level to evoke conversations and develop vocabulary for expressing feelings.</li> </ul>

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