

WHY IT'S IMPORTANT TO UNDERSTAND KINDERGARTEN EMOTIONS

by:

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Since a child's understanding of the intricacies of emotions really develops during the primary grades, Kindergarten age is crucial for emotional socialization. Why? Because children can grow into emotionally capable and healthy individuals with the socioemotional abilities they acquire at this time, including how to comprehend, control, and express their emotions.

Emotion is a major component of our daily lives and interactions with other people, and everyone expresses emotion. As Kindergarten teachers, observing how kids and parents discuss emotions can help us gain a better understanding of how kids acquire on and express their emotions. The emotional maturity, social abilities, and interpersonal interactions of the child may be impacted by how parents or any adults with the child communicate and discuss feelings with them.

Children with greater empathic and social skills have an easier time understanding and expressing their feelings, which can aid in the development of relationships. even perform better in the classroom. At home, children are trained on which emotions are allowed to convey and how to do so even before they start school. That being said, children's inability to comprehend and express their emotions can have an impact on many different aspects of their lives.

As kindergarten teachers, we must be focused not only on how fast children pick up reading and math skills but also on how effectively they manage their emotional and social needs. By giving children many opportunities to talk about the range of emotions

they could encounter in their daily lives, by expanding on the emotions, as well as doing so while using rich emotional language, we can encourage children in their journey toward emotional competence.

References:

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