

Personal, Social and Emotional Development



Being independent allows your child to value themselves as an individual. By giving children the opportunities to make their own choices and to share their own experiences, knowledge and opinions, we enable our children to build their confidence and explore things they are yet to discover. We do this through Seesaw presenting, learning journey books and the class international displays.



Making mistakes is how we learn. It is important that your child is willing to make mistakes and understand that this is trial and error and not failure. This enables them to try different ways to achieve their goals.



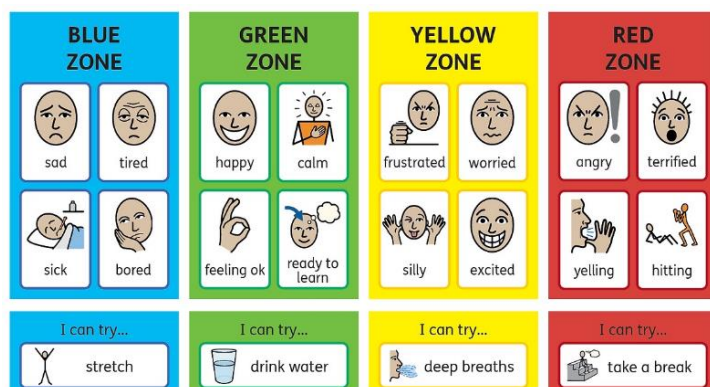
At Marshgate, we encourage the children to independently manage their basic needs like going to the toilet on their own, dressing on their own and cutting up their own food. They all use 'adult' cutlery at lunchtime in school.



Building relationships is a section of the PSED curriculum that supports your child to develop respectful and constructive relationships with both peers and adults. This involves learning to take turns, listen to others, follow instructions and understand emotions.

Self-regulation is supported through the zones of regulation at Marshgate along with other colour labelling emotion books and resources. It allows children to easily identify their emotions and eventually work out strategies to return to the green zone of being calm.

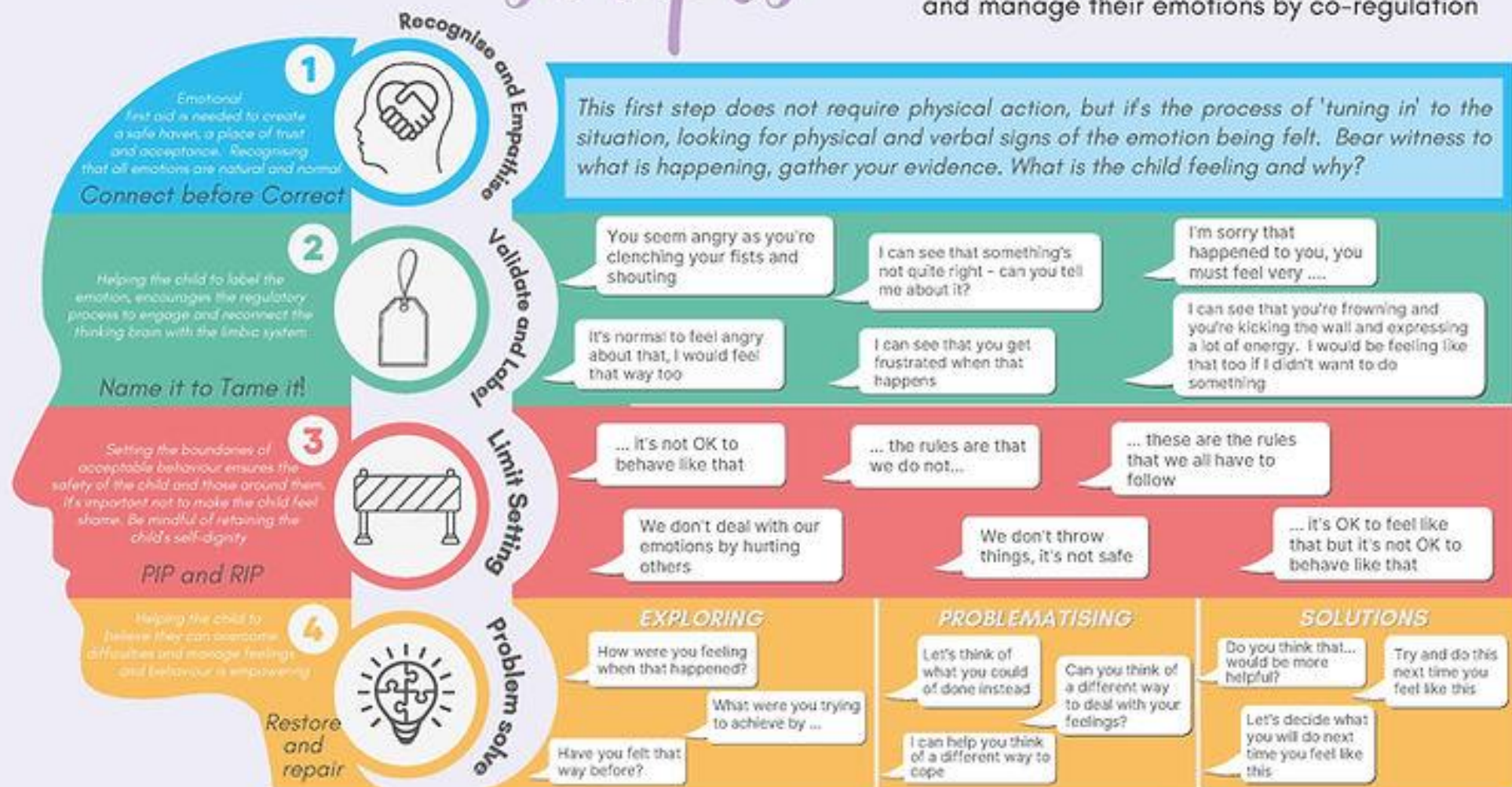
It is important for adults to show an understanding of childrens' emotions. Through emotion coaching, they are able to help children understand why they are feeling a certain way.



EMOTION COACHING

scripts

helping children understand their feelings
and manage their emotions by co-regulation



EMOTION COACHING

Helping children understand and manage their emotions

Why do we need Emotion Coaching?

Research has shown that emotion coached children:

-  Achieve more academically
-  Have fewer behaviour problems
-  Are more emotional stable
-  Are more resilient

Neuronal network

Neurons send electrical signals to communicate with each other. These connections form circuits which become the basic foundation of the brain architecture. These are reinforced through **repeated** use.



Mirroring

Mirror neurons respond to actions that we observe in others. They are essential for developing empathy. We mirror what we see - so in order to learn empathy, we need to experience it. Emotion coaching helps to trigger mirror neurons.



Attachment and Attunement

Emotion Coaching is underpinned by Attachment Theory. This is the bond between child and care-giver. Attunement is how reactive a person is to another's emotional needs and moods. A well attuned response creates a feeling of **emotional safety**.



Vagal tone

Vagal tone is how well your fight/flight response and vagal nerve are balanced to regulate emotions. Good vagal tone will allow you to **respond quicker, process information faster and concentrate better**. The vagus nerve is activated via soothing, compassion and empathy. We learn to self-soothe and self-regulate through our relationships with others.



Plasticity

Experience moulds our brain, but it is adaptable just like plasticine. Emotion Coaching helps to regulate emotions and behaviour - building new neuro pathways in the brain which will become more established the more it is used



Neurons that fire together, wire together

