

# Personal, Social and Emotional Development



This area of development is all about supporting children to learn to get on with others and make friends, understand and talk about feelings, learn about 'right' and 'wrong', develop independence and, ultimately, feel good about themselves.





It's not always about winning! Losing helps to build resilience.



Play games together where you have to take turns! Simple board games are great for this and can be played by the whole family.



Watch the film 'Inside Out'. This is a good way of learning about different feelings.

It is important for your child to know about different emotions and how to express them. Create pictures to show a face that is happy, sad, angry etc. When reading a story, talk about the feelings of the characters.