

Improvement Priority

What improvement have you identified?

How do we improve children's capacity to understand, self-regulate, and manage their emotions?

Links to self-assessment

- QA 5.2.1 – Children are supported to collaborate, learn from, and help each other.
- QA 5.2.2 – Each child is supported to regulate their own behaviour, respond appropriately to the behaviour of others, and communicate effectively to resolve conflicts.
- EYLF Learning Outcome 3.1 – Children become strong in their social, emotional, and mental wellbeing.

Which exceeding themes are you engaging with to drive this identified improvement?

Exceeding theme 1: Practice is embedded in service operations.
 Exceeding theme 2: Practice is informed by critical reflection.
 Exceeding theme 3: Practice is shaped by meaningful engagement with families and / or the community.

Links to Our Strategy for Public Education:

Area of Impact – Effective Learners

The Strategy promotes the development of metacognitive skills, which are closely linked to self-regulation. By supporting children to think about their own thinking and learning processes, they can better manage their emotions and behaviour.

Area of Impact – Wellbeing

The Strategy places a significant emphasis on wellbeing, which is intrinsically linked to children's ability to self-regulate when they feel a sense of belonging.

Success Criteria:

Through our pedagogical documentation we will see evidence of children effectively understanding, self-regulating, and managing their emotions. This will be evidenced through children:

- Controlling impulses, resisting distractions and paying attention.
- Being able to verbally express / identify their emotions and apply strategies to regulate.
- Adapting to changes, new environments, and situations.
- Being helpful, respectful and supportive towards others.
- Being able to recover from overwhelming emotions.

Critical reflection, observations, and collected data demonstrates the development of children's capacity to understand, self-regulate, and manage their emotions.