

# Exploring Emotions

## Emotional Awareness and Early Years Settings

The importance of developing emotional awareness in the young children we work with cannot be under-estimated, nor can the impact emotionally on our children of our ever demanding and changing modern world.

### **What can I expect from the course?**

This workshop looks at why biologically we are driven by our emotions and how this should affect our interactions with the children we work with. Using the EYFS framework the workshops take a practical look at activities you can develop in your setting to help build an “Emotion Rich” environment. The all-day session looks in more depth at particular emotions and develops ideas for helping children to build appropriate coping strategies.

### **Free Resources**

Packed with practical ideas and activities the course also includes a pack of emotion related resources for immediate use in your setting.

*“Absolutely fantastic! Very interesting and Kirstine kept me interested throughout!” Tracey – Nursery Worker*

