

## Social and Emotional Wellness Framework

Social and emotional wellness refers to a **child's ongoing learning how to:**

1. Experience, regulate and express a **full range of positive and negative emotions**, using language and behavior.
2. Develop **safe and secure relationships** with adults and other children. These contribute to healthy attachments.
3. Make **age appropriate decisions**. Making mistakes and experiencing successes helps to develop problem solving skills. This is also called executive function.
4. Use the power of **play to build a strong brain**, including outdoor play, child led play, pretend play, play with adults and other children (serve and return play).
5. Develop **healthy daily routines** around things like sleep, eating, activity and screen time.



**With the help of a supportive caregiver, children can learn the social and**



**emotional skills that prepare them to be self-confident, trusting, empathetic, curious, able to communicate and get along well with others.**