

Each child is supported to regulate their own behaviour, respond appropriately to the behaviour of others and communicate effectively to resolve conflicts.

Section 1. Early career educator



You must know

When first starting out as an educator, it's important to know some of the fears and behaviours that children may show if they are not able to regulate their own behaviour. For example:

- 1. Aggression:** Sometimes, children might get really angry and act aggressively by hitting, pushing, or yelling. It's hard for them to control their impulses and they react without thinking when things get tough.
- 2. Emotional outbursts:** Children might have a hard time handling their emotions and expressing them in a healthy way. This can make them have lots of emotional outbursts, like tantrums or crying a lot.
- 3. Ineffective communication:** Children might struggle to express what they need, how they feel, or what they think in the right way. They might use inappropriate or unhelpful ways to communicate, such as shouting, interrupting others, or withdrawing from conversations.
- 4. Difficulty in conflict resolution:** It can be tough for children to solve problems and conflicts peacefully. They might find it hard to listen to other people's opinions, understand how others feel, and find solutions that make everyone happy. Instead, they might either act aggressively or try to avoid conflicts altogether.
- 5. Low self-esteem:** Children may start feeling like they're not good enough or get frustrated when they can't control their behaviour or respond in the way they want to. This can make them doubt themselves and feel less confident about who they are.
- 6. Social isolation:** When children don't know how to behave properly or can't control their actions, it can make it hard for them to make friends and have positive relationships. They might struggle to fit in and feel left out or excluded from their peers.



You must practice

It's important to acknowledge and address these fears or perceived fears that children may have. Here is a step-by-step guide on how to do so:

Aggression:

1. Find better ways to express yourself. Instead of hitting, use words to tell others how you feel. Let's practice saying, "I'm angry because..." and find a solution together.
2. I noticed you're frustrated. Let's take deep breaths together and think of a peaceful way to solve the problem. Remember, using gentle hands and kind words is always the best choice.

Emotional Outbursts:

1. It's okay to feel upset. Let's take a moment to calm down. We can count to 10 or try deep breaths together to help us feel better.
2. We can express our emotions in a positive way. You can draw a picture or talk to a friend about what's bothering you.

Ineffective Communication:

1. Listen to others first. Make eye contact and wait for your turn to speak.
2. Use kind words and a calm voice to express yourself. Instead of shouting, let's speak respectfully.

Difficulty in Conflict Resolution:

1. Imagine how the other person feels. Put yourself in their shoes to understand their point of view.
2. Let's sit down and talk about how we can solve the problem. Listening to each other and finding a compromise is key to resolving conflicts peacefully.

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Low Self-Esteem:

1. I'm proud of you for trying your best!
Everyone makes mistakes, and that's how we learn and grow.
2. You are unique and valuable. Let's celebrate your accomplishments and focus on the progress you've made.

Social Isolation:

1. Be kind, empathetic, and include others. Let's make sure everyone feels welcome and included.
2. Let's work as a team, take turns, and share our ideas. Together, we can create an inclusive and supportive environment.

It's important for children to regulate their own behaviour, respond appropriately to the behaviour of others and communicate effectively to resolve conflicts. Here are some examples:

Discussing emotions: In our meeting, we talked about feelings and how important it is to include everyone. We shared our own experiences of feeling included or left out. We brainstormed ideas on how to make others feel welcome and included, like inviting them to join activities and being kind and supportive.

Discussing behaviour: I had a one-on-one chat with a child about their behaviour and how it affects others. We discussed why we have rules in the classroom and what happens when we break them. Together, we came up with strategies to help them behave better, like finding different ways to handle challenges and taking breaks when they need to refocus.

Modelling respectful behaviour: As an educator, I showed the kids how to treat others with respect. I listened to them when they talked and used words that included everyone. I praised them when they were kind to others. When conflicts came up, I helped them talk it out respectfully and understand each other's perspectives. By being a good role model, I showed them how to treat others with kindness and respect.

After reading these points, which one(s) do you think you doing well? Describe your practice in detail.

After reading these points, which one(s) do you think you need to work on? Describe how you could improve your practice.

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