

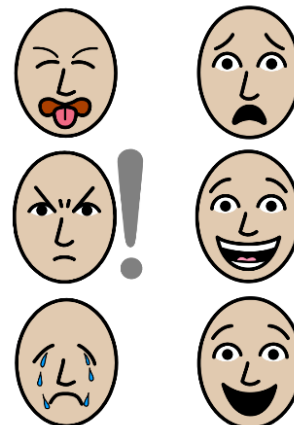
# Help Sheet

0 – 25 Specialist Teaching And Support Service

## Using the Stages of Emotional Development table effectively

### Why?

- This table is to support staff to assess and understand where a child is in their emotional development
- This is beneficial because it allows the most effective intervention/provision to be implemented
- It focuses on a child's emotional age rather than their chronological age
- It also focuses on the six primary emotions – anger, disgust, fear, joy, sadness, surprise.
- For a number of children 'the inability to recognise their own emotional states or regulate their own impulses will be undermining both their learning and their relationships in school.' (Colley and Cooper 2017)
- It helps staff to support children to work through the 5 key stages of emotional competence so that they can recognise their own emotions successfully and therefore develop positive social relationships
- The 5 key stages of emotional competence as identified by Erikson (1964) are as follows:
  1. Self-awareness
  2. Self –regulation
  3. Social awareness (empathy)
  4. Relationship management
  5. Responsible decision making



Erikson alludes to the fact that children need to move through these stages in order to become emotionally competent

## You will need:

- Stages of Emotional Development table
- Adults who know the child well across different environment/times of the day
- To consult with parent/carers to gather further knowledge

## How?

- This works as a best fit model
- Go through each section and highlight the statements that apply to the child
- This works best when completed by more than one adult to ensure it is as accurate as possible.
- Once completed consider what interventions/provision need to be in place in order for the child to develop their skills/awareness further
- Remember it is vital that children are reasonably competent in each stage before moving on
- It is important that the table is revisited regularly in order to monitor progress and adjust provision where needed.

## Things to note:

- This help sheet needs to be used in conjunction with the Stages of Emotional Development table accessed on BSO. [Bradford Schools Online](#)

## Reference / Evidence base – informed by:

Colley, D. and Cooper, P. (2017) 'Models of Emotional Development' in Colley, D. and Cooper, P. (eds.) *Attachment and Emotional Development in the Classroom*. London: Jessica Kingsley, pp.21-36.