

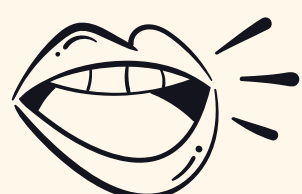
Learning to Love, Share, and Care: Growing Social- Emotional Smarts



Name that Feeling (*Emotional Awareness*)

With growing language skills, the 3.5–4-year-old begins using words to explore and express emotions. Naming feelings like happy, sad, mad, scared, surprised, and proud helps make abstract emotions more concrete—and opens the door to deeper social connection.

Words give children power: they help little ones understand their own experiences and connect with others in meaningful ways.

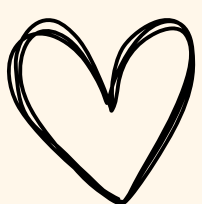


Playing Together (*Emerging Social Skills*)

At 3.5–4 years, the child is eager to connect with others and explore the social environment. Interactive play becomes more appealing, and they begin to notice that being part of a group means following certain “rules of life.” Through group activities, games, and cooperative play, children learn how to take turns, share space, and navigate friendships—laying the foundation for lifelong social skills.



Caring Heart (*Empathy & Kindness*)



With growing awareness of others, the 3.5–4-year-old begins to show early signs of empathy—offering comfort, showing concern, and noticing when someone else feels differently.

They’re curious about others’ emotions and want to understand how to respond with care. Grace and courtesy lessons help guide them in showing kindness, building the foundation for compassionate relationships.

Big Feelings, Growing Control (*Building Neural Pathways*)



Children at 3.5–4 years are beginning to wait their turn and take turns with others, though gentle reminders are often still needed. They’re also starting to use words instead of actions to express frustration or upset. Testing boundaries is a natural part of development—not defiance. These moments offer powerful opportunities to **build the brain pathways** that support **emotional regulation, self-control, and resilience.**