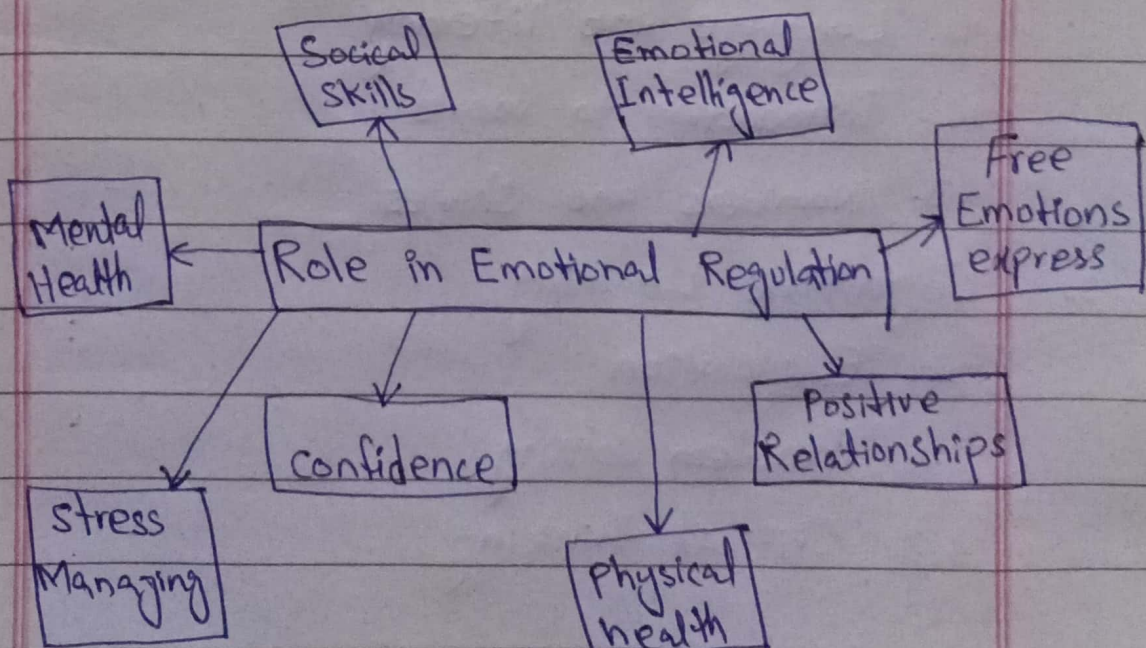
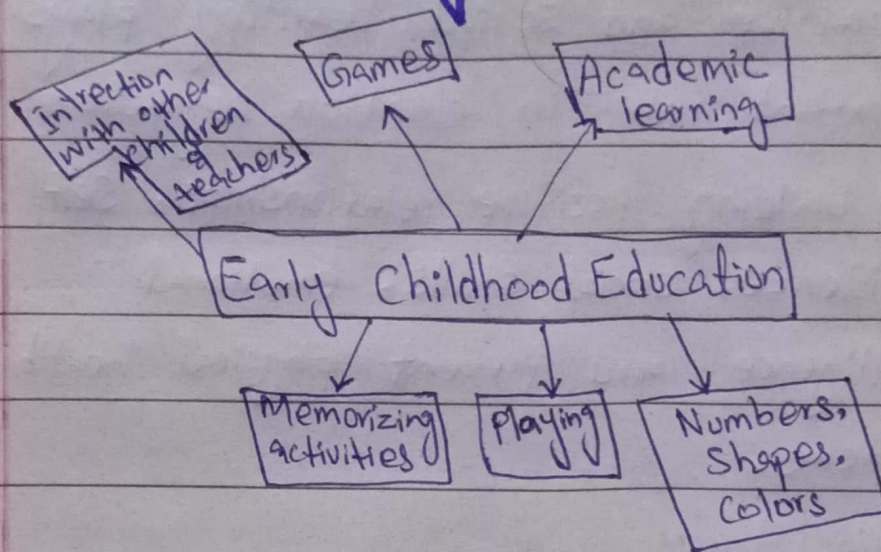


# Early Childhood Education and Its Role in Emotional Regulation

## Brainstorming



# Outlines

## I Introduction

1. Hook
2. General Statement
3. Thesis Statement: Early childhood education which involves academic, cognitive and social learning plays important role in emotion regulation by building positive relationships, self confidence, social skills, emotional intelligence and prevent physical health problems.

## II Main Body Early Childhood Education

1. Academic Learning
  - 1.1. Language and literacy
  - 1.2. Introduction to world
  - 1.3. Numbers and shapes
2. Cognitive Learning
  - 2.1. Exploration
  - 2.2. Problem solving
  - 2.3. Critical thinking

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### 3. Social Learning

3.1. Nurturing environment

3.2. Interaction with classmates and teachers

## III Role of Early Childhood Education in Emotion Regulation

### 1. Self Confidence

1.1. Maintaining a positive self view

1.2. Rational decision making

### 2. Social Skills

2.1. Communication

2.1. Empathy and cooperation

### 3. Positive Relationships with

3.1. \*Peers and caregivers

3.2. Others: family, friends etc

### 4. Emotional Intelligence

4.1. Effective stress management

4.2. Self awareness

### 5. Physical and Mental Health

5.1. Stress reduction

5.2. Overall well being

## IV Conclusion

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## The Essay

During a child's first few years of life, more than 1 million new neural connections are formed within the brain every second. These neural connections, according to Harvard researchers, are exactly what build the brain's architecture and foundation for all latter learning, behavior and health. These neurons form largely through a baby's environment and early experiences. The field of early childhood education embraces these statistics, along with the fact that, from the day children are born, they are learning and absorbing. As a result, the early education in child's life is critical to their long-term development and emotional regulation. The most rapid period of brain development is between birth and age eight, making early education

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a key component to a child's emotional regulation. Early childhood education which involves academic, cognitive and social learning plays a vital role in emotional regulation by building positive relationships, self confidence, social skills, emotional intelligence and prevent physical health problems.