

# EMOTIONAL DEVELOPMENT TRAJECTORY

Age	2-3 Years	3-4 years	4-5 years
<b>Feelings</b>	Happy, sad, lonely, love, increasing anger, embarrassment, shame, pride, worry and similar social emotions	Love, dependency, anger, frustration, rebellion, and fear	Social emotions such as insecurity, humility, envy, confidence
<b>Self &amp; Emotional Awareness: Emotions</b> Child demonstrates understanding of their own emotions and awareness of emotions becoming reactions and behaviors	Identifies self as part of the family, culture, community, or group  Describes or labels self as a boy or girl  Recognizes and describes own emotions  Shows some understanding of others' emotional expressions	Demonstrates knowledge of family celebrations, traditions, and expectations  Uses words to express emotions  Recognizes and responds to others' emotional expressions	Shows increasingly accurate understanding of own strengths, preferences, limitations, and personal qualities  Demonstrates or describes increasing understanding of cause and effect around own emotional reactions  Exhibits growing ability to understand and anticipate others' emotional reactions to situations or behaviors
<b>Self-Management: Managing Emotions</b> Child manages emotions, impulses, and behaviors with assistance from others and independently	Uses a wide variety of self comforting behaviors  Communicates specific needs, wants, and discomfort to adults  Anticipates the need for comfort and tries to prepare self for changes in routine  Follows simple expectations to manage emotions and behaviors, but may required reminders or assistance, particularly during more intense feelings or circumstances  Waits briefly to obtain something desired	Consistently calms self when feeling strong emotions or discomfort with occasional adult guidance and assistance  Independently expresses feelings, needs, opinions, and desires in appropriate ways  Follows expectations established to manage feelings and behaviors with necessary reminders or assistance  Demonstrates understanding of rules, roles, jobs and relationships in families and the community  Demonstrates the ability to delay gratification for longer periods of time	Increasingly expresses feelings, needs, opinions and desires verbally  Shows increasing understanding of changing expectations for behavior and emotional expressions in different settings  Shows increasing ability to stop and think before acting  Shows increasing ability to manage challenging feelings and behaviors, with necessary reminders or assistance