

# EMOTIONAL DEVELOPMENT TRAJECTORY

Age	0-1 Year	1-2 Years	2-3 Years	3-4 years	4-5 years
<b>Feelings</b>	Anger Sadness & Fear Stranger Anxiety	Happy, sad, lonely, love, increasing anger, embarrassment, shame, pride, worry and similar social emotions	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>Social Understanding and Relationships: Social Responsiveness</b> Child notices and responds to others and their emotions	Shows interest or reacts to others'  Responds to others' emotional tone and actions	Imitates others' emotions and expressions  Shows some individual response to others' emotional tone	Identifies others' basic emotional cues  Shows concern for others through efforts to help or comfort	Shows understanding, empathy, and compassion for others through words or gestures  Labels others' emotions	Appropriately labels increasingly complex emotions in others (e.g., pride, embarrassment, jealousy)  Responds appropriately too others' emotions  Shows increasing understanding and appreciation of the perspectives of peers
<b>Social Understanding and Relationships: Building Relationships</b> Child establishes and sustains relationships with others	Shows preference for trusted adult  Notices or responds to others	Shows preferences for one or more adults or children  Shows some awareness or caution with unfamiliar adults  Uses trusted adult(s) as a base from which too explore	Seeks out familiar adults and children for conversation and play  Manages routine separations with decreasing amount of distress	Shares information and participates in activities with adults and peers	Builds friendship through play, learning activities and conversation with peers  Uses trusted adults for support in diverse settings (e.g., classroom, outside) when in need of assistance

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<p><b>Social Understanding and Relationships: Social Skills</b></p> <p>Child responds to and interact with others in a meaningful way</p>	<p>Notices others and chooses similar materials or copies actions</p>	<p>Play with others in parallel manner</p> <p>Recognizes similarities and differences between self and others</p>	<p>Enters play groups using various strategies</p> <p>Seeks a preferred playmate</p> <p>Shows flexibility in roles during play</p>	<p>Initiates, joins, and sustains cooperative play and conversations with others</p> <p>Shows concern, respect, care, and appreciation for others and the environment</p> <p>Actively helps solve problems with others</p> <p>Takes turns</p>	<p>Shows increasing ability to initiate and engage in positive interactions with peers and adults</p> <p>Solves problems with others most of the time, appropriately using support of adults and peers as needed</p>