



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 2, LESSON 7: INSIDE MATTERS MOST

Child Care Provider – Think deeply about how you help children build social skills.

- Reflect in a recent situation with your group of children. Write down what happened, recalling as much detail and as many of the actual words used as you can.
- Now notice ways you supported the kind treatment of each other through modeling respectful words, body language, and facial expressions. Do you see growth opportunities for yourself to support this more effectively?
- Write down a commitment you will make to help children develop empathy.

Director – Think about the ways you pay attention to and support children’s strong sense of justice.

Action Step:

Look for opportunities to practice respectful, kind communication.

Reflection/Discussion Questions

- *How do you address the issue of fairness?*
- *Share the strategies you are using to intentionally teach social skills to children.*
- *How do the adults in your program model kindness towards each other? When do children see adults using kind, respectful communication tools with each other?*
- *How do you model respect for all kinds of diversity in you communication with families and visitors?*