

# 2025 Kadina Preschool Quality Improvement Plan



## Challenge of Practice

If educators strengthen their knowledge and understanding of emotional learning and regulation strategies, then we will observe children beginning to co-regulate and will be able to help them recover from strong emotions, re-focus and re-engage positively with their peers, educators, preschool program.



## Actions

- Educators will participate in professional development to increase their knowledge and understanding of emotional learning & regulation
- Teach children interoception and self-regulation strategies
- Involve families in the learning around regulation, so that they can support their child at home
  - Collect data using an observational checklist



## Growth Indicators

- We will see some children using some of the strategies for regulation or songs that they have been taught
- Most children will be able to express their feelings/emotions either verbally or non-verbally
- The observational checklist based on criteria from the AEDC Emotional Maturity domain will show growth in the children's emotional skills over the year

**Goal: For children to tune in to and learn strategies to co-regulate with one or more educators**