

Core Skills Analysis

Wellbeing

- The child has learned to express feelings and emotions through selecting photos for the album, indicating a growing emotional awareness.
- Creating the photo album acts as a calming and soothing activity, potentially aiding in managing anxiety through a creative outlet.
- The process of selecting and arranging the photos helps the child develop a sense of control and organization, fostering a sense of security.
- By revisiting the album, the child may practice mindfulness as they reflect on past experiences, promoting emotional resilience.

Tips

To further enhance the child's development, you can encourage them to write small captions or stories about the photos in the album, helping them articulate their thoughts and feelings. Additionally, integrating drawing or coloring activities related to the album can provide a multi-sensory experience. Finally, consider incorporating regular 'photo album time' as part of the child's routine to provide a consistent emotional outlet and reflection practice.

Book Recommendations

- [The Color Monster: A Pop-Up Book of Feelings](#) by Anna Llenas: This interactive pop-up book helps children explore and understand their emotions in a playful and engaging way.
- [Wemberly Worried](#) by Kevin Henkes: Follow Wemberly, a mouse who worries about everything, on her journey to overcome her anxieties and fears.
- [The Kissing Hand](#) by Audrey Penn: A heartwarming story about a young raccoon nervous about starting school, reassured by his mother's special kissing hand.