

## Core Skills Analysis

### Emotional Development

- Recognized and expressed distress after experiencing a new sensory event (first ice lolly), indicating emotional sensitivity and awareness.
- Demonstrated self-soothing behavior by transitioning to favorite foods and later to sleep, showing emerging coping mechanisms.
- Displayed comfort and calmness in a busy environment (circus group) despite high stimulation, suggesting adaptability to social settings.
- Used familiar routines (eating, playing, sleeping) to regulate emotions throughout the day.

### Physical Development

- Engaged in gross motor activities like running and spinning, promoting balance, coordination, and spatial awareness.
- Manipulated the keyboard keys gently with fine motor control to explore cause and effect through sound.
- Used various muscle groups by moving independently between activities (playing, eating, sleeping), supporting autonomy.
- Interacted with different sensory inputs such as the texture of bagels, taste of food, and tactile play with the keyboard.

### Cognitive Development

- Explored sound patterns by pressing individual keyboard keys, supporting auditory discrimination and cause-effect understanding.
- Navigated a stimulating social environment without distress, indicating growing focus and selective attention.
- Demonstrated an emerging ability to self-regulate via transitions between activities and responsive eating.
- Responded to sensory input from multiple sources, integrating experiences across senses for learning.

### Tips

To build on Griffin's emotional and physical resilience, introduce gradual exposure to new foods and sensory experiences in a positive, repeatable setting. Multisensory play activities involving sounds, textures, and movement can deepen cognitive connections—for example, pairing music play with dance or storytime with physical activity. Encourage self-expression by naming feelings during play and helping Griffin explore calming techniques like deep pressure or a favorite comfort item. Keep routines consistent but introduce new stimuli in predictable ways to support confidence and adaptability.

### Book Recommendations

- [The Feelings Book](#) by Todd Parr: A colorful and simple introduction to emotions, helping young children recognize and name feelings.
- [From Head to Toe](#) by Eric Carle: An interactive book encouraging children to move and explore their bodies through animal-inspired actions.
- [Baby Loves Sounds!](#) by Ruth Spiro: A board book focusing on auditory exploration, perfect for babies learning about cause and effect through sound.

### Learning Standards

- Physical Development (Early Years Foundation Stage - EYS0, resulting in improvements in

balance and coordination)

- Communication and Language (UK EYFS 2021 - Listening and Attention: Demonstrates increasing ability to focus in busy environments)
- Personal, Social and Emotional Development (UK EYFS 2021 - Managing Feelings and Behaviour: Recognising and expressing emotions appropriately)
- Understanding the World (UK EYFS 2021 - Exploring sensory experiences through touch, taste, and sound)

### **Try This Next**

- Create a simple picture chart to help Griffin identify and express different emotions through faces.
- Design a sound exploration worksheet where Griffin can associate different keys or instruments with specific sounds.
- Set up a mini obstacle course that mimics the circus group's physical activities to stimulate gross motor skills at home.

### **Growth Beyond Academics**

Griffin demonstrated moments of distress but also exhibited growing emotional regulation by seeking calming routines such as eating favorite foods and moving to sleep independently. His engagement in a busy social environment without overt distress highlights emerging social confidence and focus amidst external stimuli.