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METHODOLOGY FOR SUPPORTING CHILDREN'S SOCIAL AND EMOTIONAL DEVELOPMENT IN PRESCHOOL EDUCATION ORGANIZATION CENTERS

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Abstract: The article analyzes methodologies for supporting children's social and emotional development in preschool education institutions, particularly in preschool education organization centers. It examines effective pedagogical and psychological approaches to identifying, expressing, and managing emotions, as well as developing social skills in children. The article highlights methods for developing children's emotional and social intelligence through interactive games, group activities, visual materials, and cooperation between educators and parents. This work includes practical recommendations for preschool educators, psychologists, and parents.

Keywords: preschool education center, preschool education, child psychology, emotional development, social development, pedagogical methodology.

The process of emotional and social development in preschool-aged children directly affects their future personality, communication abilities, and social adaptation. Therefore, preschool education institutions, particularly preschool education centers, play an important role in shaping children's emotional and social skills.

In preschool centers, children are divided into different age groups and learn to adapt to the social environment through interactive games, group exercises, and creative activities. At the same time, children learn to express their emotions, cooperate with others, and follow social rules. Through child-centered approaches, visual materials, and cooperation with parents, educators help develop empathy, emotional intelligence, and social adaptation skills in children. This article is aimed at analyzing methodologies, effective pedagogical approaches, and practical recommendations for supporting children's emotional and social development in preschool centers.

The emotional development of preschool-aged children determines their mood, ability to manage feelings, and level of communication with others. In preschool centers, children learn to recognize, express, and regulate their emotions through various activities. Emotional development includes the following aspects:

Identification and differentiation of emotions: Children aged 3–4 begin to recognize basic emotions such as joy, anger, fear, and sadness. By the age of 5–6, they also learn to understand more complex emotions such as shame, pride, or disappointment.Emotion regulation: Children learn to regulate emotions such as anger, anxiety, or fear through breathing exercises, short breaks, or asking for help from educators.Empathy and understanding others' emotions: Children begin to recognize others' moods and emotions. For example, comforting a friend who is crying or sharing joy becomes more common.

Children's social development in preschool centers: Social development shapes children's interaction with their environment, adherence to rules, and cooperation with other children. This process is implemented in preschool centers through the following directions:Group games and cooperation: In group games, children learn to wait their turn, follow rules, and achieve goals together. For example, cooperative games enhance teamwork and collaborative problem-solving skills.

Understanding and respecting personal boundaries: Children aged 4–5 learn to respect others' belongings, pay attention to personal space, and define their own boundaries. This forms social adaptation and conflict-management skills.Learning social roles: Children learn to perform different roles in various situations, such as "playmate" or "teacher's assistant." In this way, they adapt to the social environment and develop social abilities.

Methodology for supporting emotional and social development: Effective pedagogical and psychological methods used in preschool centers include:

Play methods: Role-playing games (for example, "shop game," "doctor game") help children understand others' perspectives and develop cooperation.

Interactive exercises and activities: Through group activities, storytelling, and dramatizations, children learn to manage their emotions and adapt to social situations. For example, exercises such as "Calming anger" or "Expressing joy" develop emotional intelligence.

Visual materials and emotion cards: Special cards, pictures, and diagrams help children identify and name emotions, supporting emotional understanding.Parent-educator cooperation: Educators and parents play a leading role in children's emotional and social development. By modeling positive behavior, encouraging children, and providing emotional support, they help develop children's social skills.

Supporting the emotional and social development of preschool-aged children in preschool centers plays an important role in shaping personality, social adaptation, and communication abilities. At this age, children learn to identify, manage, and express their emotions, as well as develop social skills by cooperating with peers, following social rules, and performing various roles.

Play methods, interactive exercises, visual materials, and cooperation between educators and parents are effective tools for supporting emotional and social development. Through these approaches, empathy, emotional intelligence, and social adaptation abilities are strengthened. As a result, systematic and methodological support of children's emotional and social development in preschool centers creates a foundation for their future personal and social success.

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