



## ***Big Feelings, Little Learners: Helping ECCE Teachers Navigate Sensitive Conversations***

A five-day workshop series titled "Big Feelings, Little Learners" was organised by the School of Vocational Studies in June 2025. The workshop aimed to equip ECCE teachers with strategies to navigate emotional and sensitive conversations with young children using storytelling and reflective practices. Around 30 participants from AUD and outside joined this online workshop. The sessions were facilitated by Ms Isha (an AUD alumnus) and involved reading a storybook with participants covering topics like-Understanding children's world and building safe and trusting spaces, Approaching sensitive topics-Child sexual abuse; Learning disability in children; Fear among children (responding to the unrest in the community) and Reflective practices:

The day-wise workshop plan is as follows:

Day 1: "I Love Me" explored Social Emotional Learning (CASEL Framework), highlighting self-awareness, empathy, and relationship-building through a relatable story of a girl adjusting to a new school.

Day 2: "Some Secrets Should Never Be Kept" introduced the concept of body safety, teaching children to identify unsafe secrets and speak up to trusted adults.

Day 3: "Woh Raat" focused on managing fear and the comforting role of family. Teachers reflected on how emotional security and storytelling help children process anxiety.

Day 4: The story of Adil, a boy who stammers, emphasised inclusion and neurodiversity, helping teachers view differences as strengths and foster supportive classrooms.

Day 5: The final session introduced Reflective Practices using Gibbs' Reflective Cycle, encouraging educators to regularly evaluate and improve their teaching through journaling, peer feedback, and self-analysis.

This thoughtful series highlighted how stories and reflection can empower teachers to support children's emotional well-being in everyday classroom life.

