

*Tried and tested*  
Early childhood education and care  
practices that make a difference



2. **Provide opportunities for self-regulation by taking an active role in facilitating play.** Learners should have opportunities in their play to understand and manage emotions and behaviours through doing and practising.

- Assist learners to recognise feelings and to express emotions. Teach learners to use simple words such as 'sad', 'happy', 'angry' or 'excited' to communicate feelings and to practise expressing different emotions during play with others (during which learners develop their

