

CD260: Quiz #2 Emotional Competence

Name:

1. What may be at least three principal causes of stress for preschool children?

2. Promoting emotional competency in preschool children focuses on six emotions: (List at least 4 of them in any order below).

3. What are at least two themes/topics for a prop box?

4. What is the hormone that is released in stressful situations? _____.
5. Give an example of one activity we did in class to promote children's emotional competence? _____.
6. Give one example of how an early childhood teacher can appropriately show affection?
_____.
7. To help children develop emotional competence, preschool teachers should be concerned with:
 - a) Giving children cookies or candy to stop crying
 - b) Promoting positive responses and teach how to control inappropriate responses
 - c) Telling them not to cry or feel sad
 - d) None of the above
8. What is the best definition for "emotional literacy"?
 - a) Having the proper words that express how we feel
 - b) Skills in using technology
 - c) Knowing vocabulary related to themes
 - d) None of the above
9. When children lose control because of a stressful situation, you should:
 - a) Put child in time out for 30 minutes
 - b) First give comfort to the child
 - c) Tell the child to stop crying
 - d) Ignore them
10. Too much stress over long periods of time:
 - a) Cause children to become whiners
 - b) Give children problems with remembering
 - c) Stop the brain's production of cortisol
 - d) Make children withdraw

11. When a child hits another child because he is angry, you should:
 - a) Tell the second child to hit the first child back
 - b) Intervene immediately and ask each child what happened
 - c) Send the hitter to a time-out chair
 - d) Force the hitter apologize to the other child
12. Effective methods to use when children display anger are (is):
 - a) Tell them to stop being angry
 - b) Help children verbalize their feelings
 - c) Teach them to hit another child who hit them first
 - d) All of the above
13. Which example situation did your instructor give in class for a child who is angry and has so much energy to expel they cannot listen well:
 - a) Have them sit still for an hour reading books
 - b) Give them a treat like M&Ms or cookies
 - c) Have them hit something that doesn't harm anyone, like a pillow or tear scratch paper
 - d) All of the above
14. When a child who is distressed starts to cry...
 - a) Use redirection so she will stop crying
 - b) Give the child cookies or a treat to stop crying
 - c) Be sympathetic and allow the child to cry
 - d) Tell her to stop crying and that it's bad to cry.
15. What age do babies begin to notice unfamiliar faces and be afraid of them?
 - a) One day old
 - b) 2 weeks old
 - c) 5-9 months
 - d) 24 months
16. One of the best ways to defuse a frightening situation in the classroom is:
 - a) To have the children put down their heads
 - b) To remain calm and in control yourself no matter what
 - c) To tell the children nothings scary and they must not be afraid
 - d) To evacuate the building quickly
17. When preschool children experience sadness, teachers can help by:
 - a) Tell them not to be sad
 - b) Distracting them by giving them something to do
 - c) Demonstrating sympathy in words and deeds
 - d) Play a sad record
18. To prepare preschool children for surprising situations, teachers should:
 - a) Read a book about surprises

- b) Have a surprise birthday party for a child
 - c) Have a surprise guest burst into the room
 - d) Have a surprise fire drill
19. Teachers should show affection or fondness for the children by:
- a) Touching or hugging the children in an appropriate manner
 - b) Choosing a child as a favorite
 - c) Giving a child special treatment
 - d) Always talking about the one you like best
20. Interest and excitement about materials and activities help children to:
- a) Want more new things every day
 - b) Lose interest quickly in activities
 - c) Increase their attention span
 - d) Lose their native curiosity
21. Situations that **prevent** the emotion of joy from occurring in children are:
- a) Being involved with other children
 - b) Having friends
 - c) Having fun
 - d) Having caregivers who lack joy
22. Laughter first occurs between...
- a) prenatally
 - b) 5-9 weeks
 - c) 2 years
 - d) 5 years

TRUE/FALSE (#23-30)

Once a child can verbalize, he or she can begin to take charge of their emotions. (T/F)

A teacher should not accept/acknowledge all emotions. (T/F)

A teacher should not accept all reactions to emotions. (T/F)

Requiring a child to stop crying right away by giving them a cookie is a good strategy. (T/F)

Repressed anger has been found to cause skin diseases, ulcers, migraines, hypertension, and certain psychological disorders. (T/F)

The right hemisphere of the brain is involved with intense emotions and creativity. (T/F)

The capacity for joy is inherited and is different for each individual. (T/F)

For children the absence of joy tells us that the child is not feeling good about things. (T/F)

MATCHING (#31-36)

Distress	A pleasant experience, happy thoughts, friendship
Joy	Physical or psychological restraint, insult
Anger	Presence of threat
Fear	Separation from loved ones/abandonment
Affection	Change, novelty
Interest	Displays affection toward child

37. What is at least one thing you can do as an early childhood teacher to relieve the stress a child feels during the first day of school?

38-40. What are at least three other words to use instead of the word “Angry”?

41-42. Explain two situations that may discourage joy in a classroom.

43-45. What are logical consequences for the following scenario? Explain what a teacher might do.

Ricky starts teasing Neil by taking away his toy truck.

Maria pushes her classmate off the swing because she was upset waiting so long.

Joey throws a small chair after waking up from nap time early to take a class picture.

46-50. List the name of your prop box theme and five items you plan to include.

Study Guide for Quiz #2

Emotional Competence

Read all of Ch. 4.

Know causes of stress in young children.

Be familiar with the six common emotions cited in your textbook.

What is the hormone released during stressful situations?

What is an example of an activity that can promote emotional competence?

What problem may occur if a child experiences too much stress over a long period of time?

Define Emotional Literacy.