

# FIFTEENTH ANNUAL READINESS SUMMIT

## What's Love Got to Do With It

Grace Schoessow and Mindy Nickles, Greene County Educational Service Center

This session will provide attendees with a comprehensive understanding of Emotional Literacy, a vital component of early childhood development for the building of healthy brains. Emotional Literacy is the ability to recognize, understand, express and manage one's own emotions, as well as interpret and respond to the emotions of others. It plays a fundamental role in fostering healthy relationships, empathy and social skills in young children. This interactive session will explore neuroscience, and strategies and activities to enhance Emotional Literacy in early education settings.

### Resources

- [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#), a leading organization focused on promoting social and emotional learning in education.
- [Greater Good Science Center](#), affiliated with the University of California, Berkeley, this center offers articles, videos, and research on topics related to well-being, including emotional intelligence.
- [Emotional Intelligence Consortium](#). This website provides comprehensive information and resources on emotional intelligence and its applications.
- [The Gottman Institute](#), founded by Drs. John and Julie Gottman, focuses on the science of relationships and offers resources on emotional intelligence, particularly in the context of relationships.
- [Mindful Schools](#) offers programs and resources for educators, parents and children to develop emotional awareness and mindfulness.
- [Psychology Today: Emotional Intelligence](#). This section of Psychology Today's website explores emotional intelligence and offers articles, quizzes and expert insights.

- [Edutopia - Social and Emotional Learning](#) provides articles and resources tailored to educators looking to incorporate social and emotional learning, including emotional literacy, in their classrooms.
- [Yale Center for Emotional Intelligence RULER](#) is an approach that helps schools integrate emotional intelligence into teaching and learning.
- [The Center for Nonviolent Communication](#) promotes nonviolent communication and empathy, which are essential components of emotional literacy.



**Grace Schoessow**, Director of Infant Early Childhood Mental Health, is an early childhood mental health consultant and certified trauma practitioner with a Master's degree in clinical psychology. She specializes in intervening early to support optimal mental health and full inclusion. She has more than 25 years of experience serving children and families facing emotional, developmental, mental and behavioral health challenges.



**Mindy Nickles**, Early Childhood Mental Health consultant, is an Ohio licensed independent social worker who holds Early Childhood and Infant Mental Health credentials. She has been working with children and families for 20 years, including as a treatment coordinator in therapeutic foster care and as a case manager for Head Start. Mindy is also a certified Trauma-Focused Cognitive Behavioral therapist for an outpatient mental health agency.

