

Preliminary Research of Children's Social Emotional Education Based on the Traditional Festival Culture

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Abstract: Nowadays, the trend of globalization is obvious, and the culture presents the characteristic of diversification. Under the environment of the constant impact of foreign culture, we should think deeply and re-examine our traditional festival culture, with the help of this culture, we can actively educate and influence children so that they can learn the knowledge of our traditional culture from an early age, fully understand the origin and connotation of traditional festivals, and fundamentally grasp the content of excellent traditional culture, and can in the future study, life better carry on the inheritance and carry forward to the traditional culture. This article aims to combine the traditional festival culture to explore the ways of children's social emotional education.

Key Words: Traditional festival culture; Children; Sociality; Emotional education.

1. Preface

Traditional festivals in our country contain rich traditional culture. Children learn these excellent traditional culture from an early age, which can improve their comprehensive quality. The traditional festivals take the activity as the carrier, and they have the very strong representation, which is also one kind of spiritual sustenance performance. Study these traditional culture knowledge can guide children to establish the correct values and heritate positive inheritance of these cultures, so as to promote the development of our excellent traditional culture, and these traditional festi-

val culture is also an important part of the traditional culture of the Chinese nation.

2. The Significance of Cultivating Children's Social Emotions Based on Traditional Festival Culture

2.1 Conducive to Children's Social Development

Through the traditional festival culture, early childhood education can make their cognition, behavior and emotion to achieve common development^[1], not only can let children understand national customs, social



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and etiquette norms, it can also inspire the wisdom of young children through basic activities, deepen cultural cultivation, and cultivate their love for their hometown. In the activities, the exchange and cooperation between young children, but also contribute to the promotion of their interpersonal level of social development is extremely beneficial. Through the rich connotation of traditional festivals to show, so that children better feel and understand the customs of traditional festivals, rituals and so on. Children in the cultural background in-depth understanding, help to deepen their own culture.

2.2 Help to Permeate the Feelings of Patriotism

Dragon Boat Festival on the fifth day of the fifth lunar month, a traditional festival in our country, is mainly set up in memory of the Great Patriotic Poet Qu Yuan. Although the age Qu Yuan lived in is far away from today's society, the teacher shows the relevant pictures and video materials to the children through multimedia, creates the story situation, and lets the children have some in-depth understanding of Qu Yuan's deeds, and feel their patriotic feelings, and then carry out patriotic education. This is a very feasible and effective educational method, can actively guide the emotional development of children. Qingming festival, this is an important time for children to receive education. On the day of the Qingming Festival, the teachers led the large class of children to pay their respects at the heroic monument, sweep the graves of the martyrs, lay flowers, and so on. Some of these heroic martyrs paid their lives for the birth of New China, some died defending national peace and tranquility ^[2]. Children stand in front of monuments, listen to stories of heroic martyrs, and lay flowers for them. During the covid-19 epidemic, the tomb sweeping day, the National Day of mourning, many schools used online platforms to conduct cloud memorial activities, watch videos of flags flying at half-mast, listen to the sirens and car and boat horns sounding in the streets, and observe a nationwide moment of silence in mourning, listening to the parents tell the touching stories of the martyrs and laying flow-

ers for them on the internet, the children feel deeply that their hearts will be strongly shocked and the feelings of patriotism will come into being naturally.

3. Use Traditional Festival Culture to Carry out Early Childhood Social Emotional Education Principles

3.1 Inheritance and Development

The great national spirit of our country is deeply buried in the traditional culture, protecting the traditional culture is actually a kind of national instinct, is the obligation and responsibility of every Chinese son and daughter. In today's society, children are facing diverse cultural impact, through the diversity of information media can get different cultural connotations, experience different cultural customs. However, with the impact of foreign culture and impact, many children for our traditional festival culture understanding is not much. As a kindergarten, it needs to integrate traditional festival culture education into daily practice and make use of local characteristics to make children accept and carry forward the traditional festival culture. The education of traditional festival culture is not only the repetition of specific cultural customs, but also the affirmation and approval of its connotation. Therefore, each traditional festival activities are to strengthen the spirit of the festival, not only to inherit the traditional festival culture, but also contribute to its continued development.

3.2 Suitability

Although some kindergartens carry out traditional culture education, so that children to understand the festival culture, but because of the children's thinking is specific, image, it is difficult for them to understand and accept the abstract festival culture. To this end, kindergartens can use traditional culture to create a rich and diverse environment, carry out thematic education activities, with the help of modern information technology, the original abstract traditional festival culture through pictures, video and audio, and other ways to

show, let children listen to, see, think, do^[3], the Chinese nation has a preliminary understanding of more than 5,000 years of traditional culture, understand the traditional virtues of respecting the elderly, loving the young, kind and hard-working, and feel the reunion, peaceful atmosphere of the festival, the joy of the traditional festival to the people around. Kindergartens should also pay attention to the differences of children at different ages when choosing traditional festival culture, and should optimize the forms of activities based on their physical and mental characteristics, so as to improve children's participation interest, full of passion and enthusiasm in the activities, so as to achieve twice the educational results with half the effort.

3.3 Demonstration

People can observe the behavior of others to obtain a certain appearance, and make imitation behavior. In early childhood, learning is also done through imitation, especially for young children, who are very good at imitation, and will imitate some behaviors, whether they are correct or not, this increases the risk that young children will develop bad behaviors. For example, if a child sees someone else littering, he or she will throw it away when he or she throws it away. Therefore, it is important to try to provide a model for young children to imitate. Teachers and parents need to take part in the activities with full enthusiasm and positive attitude when they carry on the education of traditional festival culture to the children, which has a good effect of infection and edification to the children, can subtly, positive impact on children.

3.4 Experience

For young children, there is a difference between saying something and doing something. "Do" is not only a mere mechanical memory, is formed after the profound experience of feeling and internalization^[4]. Only through "Doing", let children personally participate in which can really feel the atmosphere of the festival, clear the spirit of traditional festival culture, better cultivate the spirit of young children, exercise their

physical and mental health.

4. Choose Suitable Traditional Festivals for Children's Social Emotional Education

As a spiritual link, traditional festivals are linked with social harmony, national unity and national unity. At present, although some traditional festivals have changed in form, but they still contain rich emotions.

Spring Festival, Lantern Festival, Qingming Festival and Dragon Boat Festival are all traditional cultural festivals in our country, teachers need to choose some children familiar, representative of the traditional festivals to introduce, so that children have a better sense of the traditional festival atmosphere and experience. At the same time, in the process of emotional education, teachers should be good at guiding children to sum up the traditional festivals, so as to combine them with children's social emotions, enrich children's emotions and strengthen their ability of expression. In addition, in the education of children's social emotion, teachers should grasp children's cognitive and psychological conditions, pay attention to the diversification of traditional festival activities, and pay attention to the creation of interesting and life-oriented situations, easy for children to understand and grasp.

For example, when the Mid-autumn Festival on August 15 comes, kindergartens can carry out parent-child activities, through the rich form of activities to better show the festive atmosphere. For example, on the Double Ninth Festival, teachers can organize children to go to the nursing home, with the Old Grandpa, Grandma together, and do something for them, for example, help them wash their hands, eat, make the quilt, performance programs, so that children from an early age to establish a helpful, caring for others good quality, to change the self-centered bad habits. In the Dragon Boat Festival, teachers can organize children to make Zongzi, watch dragon boat races and dragon dance performances, through these common activities, children can feel the atmosphere of traditional festivals, understand the customs of the dragon boat festi-

val, and love the traditional festival culture more.

5. Children's Social Emotional Education Methods Based on Traditional Festival Culture

5.1 Create an Environment to Instill a Subtle Influence

As a kindergarten teacher, in the development of traditional festival culture education, first of all, we should pay attention to the creation of a festive atmosphere. For example, when introducing this traditional festival to children, they can use multimedia to play relevant videos during the spring festival, such as buying New Year goods, sticking spring festival couplets, making dumplings, watching the spring festival gala, setting off firecrackers, etc. , or let children from different regions and ethnic groups introduce how they spend the spring festival, so that children can feel a strong festive atmosphere^[6]. In this kind of environment, children's mood will be very high, and they want to celebrate the spring festival as soon as possible. In such an environment, teachers and children can communicate closely with each other, and children in the right under the guidance of teachers grow up healthily.

5.2 Infect Emotions and Reach Resonance

In the teaching process, teachers should make use of their own emotions to affect children, the form can be story-telling, recitation, and so on, and then comes emotional resonance of children^[7]. For example, when telling the Spring Festival, teachers can tell the story of the Year for children. When we introduce the origin of Dragon Boat Festival, we can tell the story of Qu Yuan so as to educate the children socially. Teachers should make use of network information technology, things in daily life to create the situation, so that children have a sense of immersive experience, better experience of different traditional festivals, to achieve the educational function of festivals. In addition, the teacher can also explain some topics about honesty and filial piety to the children, such as the harm caused by

dishonesty, the benefits of honesty, the importance of filial piety to people, and so on, which can let the child very easy to accept, and easy to reach the resonance with the teacher, and master the learning content.

5.3 Home-School Education to Enhance the Effectiveness of Education

The social emotional education for children also needs to play the role of parents, only relying on the effect of teachers is not very ideal, children can not really feel the atmosphere and feelings of the festival. To this end, parents should play an active role in activities with teachers to promote children's social emotional development, so that children can have a more comprehensive perception of the charm of traditional festival culture, and actively accept the traditional culture, inherit and carry forward the traditional culture.

6. Conclusion

To sum up, in our country's traditional culture, the traditional festival is very important content, which embodies our country's cultural values and feelings, and contains rich national feelings and spirit, bearing the important task of cultural inheritance. For the kindergarten, in order to better cultivate the children's social feelings, we should actively play the role of traditional festivals, adhere to the main position of children, so that in a good situation to increase knowledge, rich experience, to achieve good social emotional development.

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