

# Psychology in health and social care

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# Supporting Amira Using Vygotsky's Sociocultural Theory

Vygotsky states that children learn through people around them.(Vygotsky, 1978).

They learn by interactions, guidance, and shared activities.

Amira is feeling anxious due to drop-off and is shy

She struggles to join in group play she is also quiet .

Vygotsky helps us to understand that gentle support from adults and peers is crucial

This can help Amira feel safe and confident and more involved.



## Who is Amira

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3 years old

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Newley Starting nursery

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Limited speech

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Anxiety at operation

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Feeling shy to join in a group play

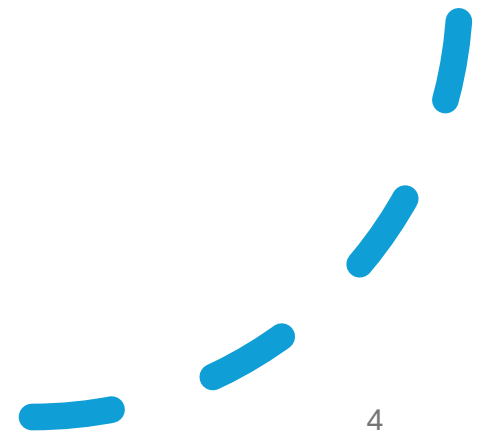
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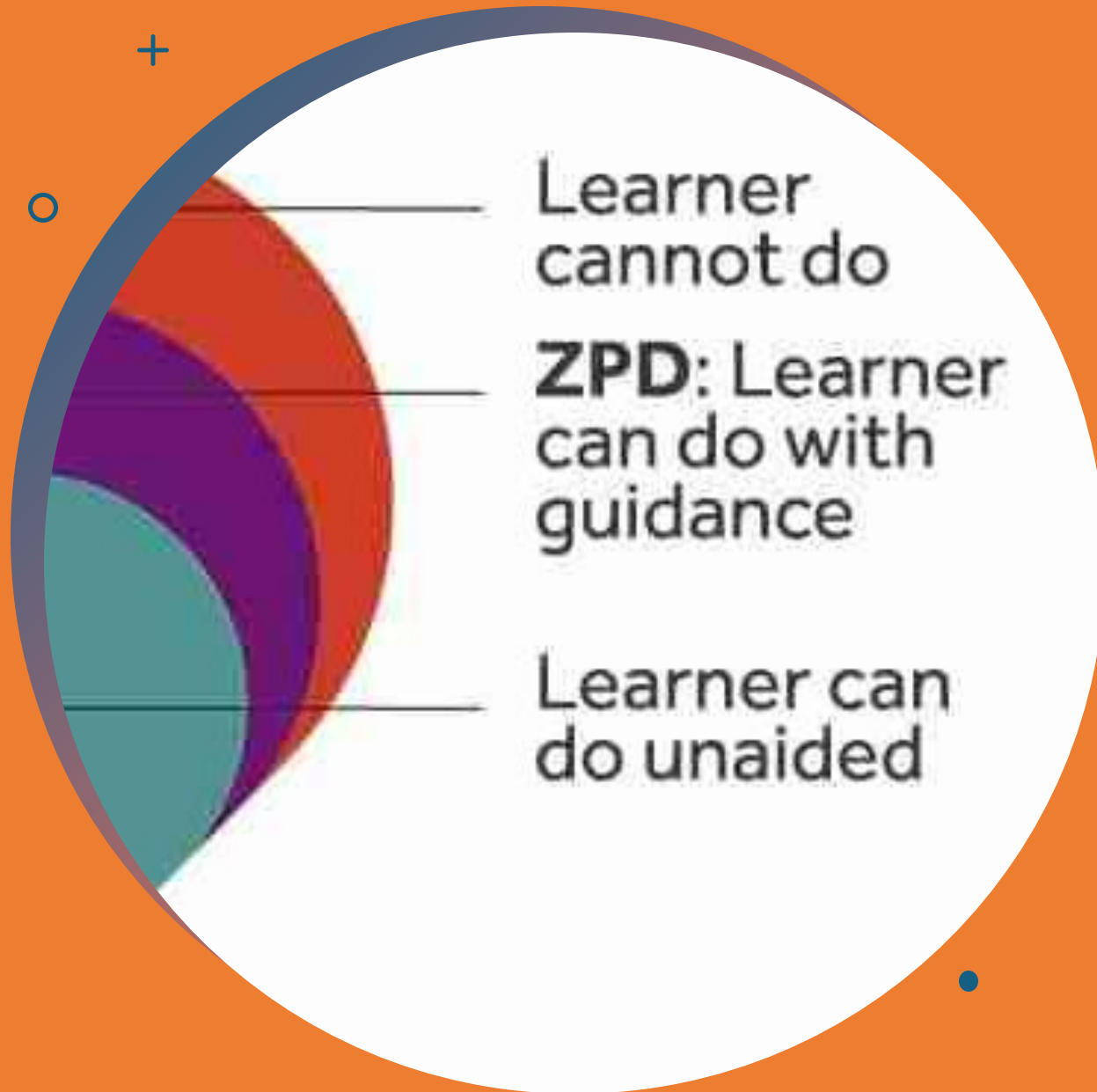
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# Why Vygotsky

Learning happens through interaction  
Adult support builds confidence  
Language and social connection are key  
(Daniels, 2016).





# Key Hypothesis

- What a child can do alone
- What they can do with help
- Goldielocks idea just the right support

(shabani, 2016)

# Scaffolding

- **Adult Models**
- **Prompts**
- **Gradual Independence**
- **(Hammond et al., 2019)**



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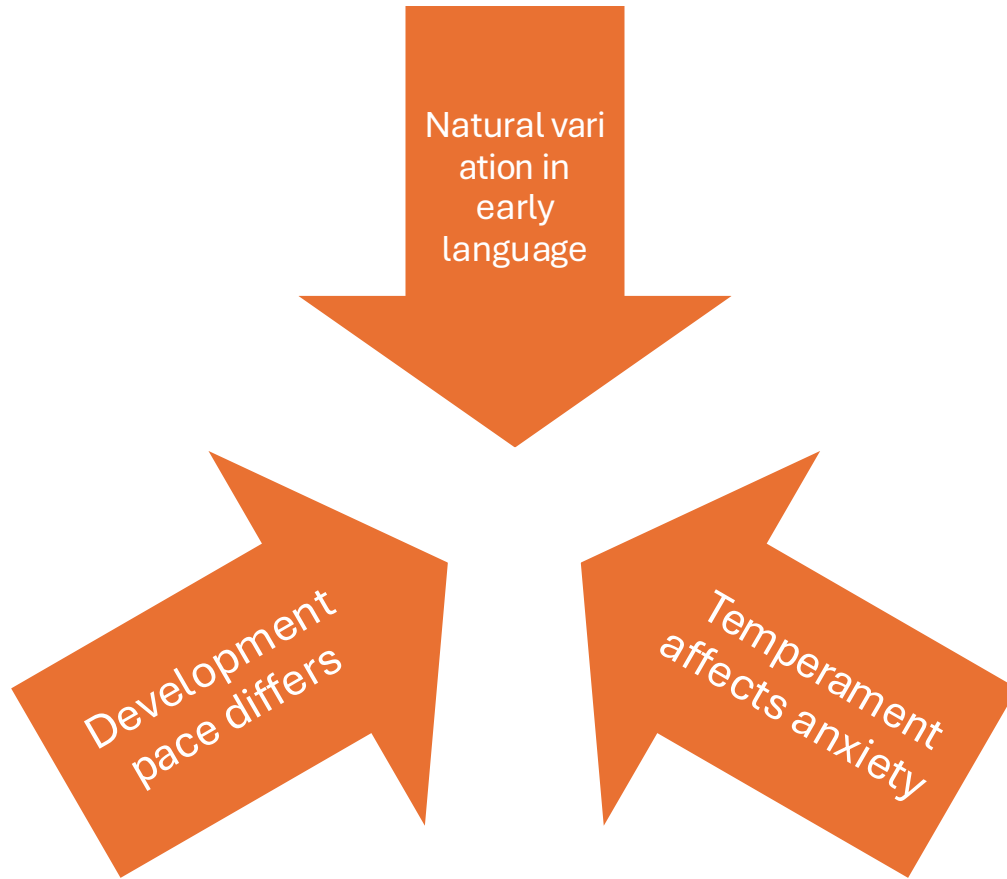
## Applying theory to Amira

- Emotional safety needs
  - Supported play needs
  - Language interactions needs
- (Department for education, 2021)



# Biological influences

(Bornstein et al., 2019)



# Environmental Influences

New enviroment

Separation stress

Limited social experience (Young Minds,2023)



## Social Development Strategies

- Encourage taking turns in play
- Small group contact before large groups
- Guided play using modelling
- Key person approach (Featherstone, 2021)

# Physical Development Strategies

## **Fine motor**

- Threading beads
- Crayoning
- playdough

## **• Gross Motor**

- Climbing, balancing outdoor play
- Running and exploring safely

# The Goldilocks Example (Moll,2014)

Too easy

Little learning

Too hard

Frustration

Just right

progress

# Limitations of Vygotsky's Theory

The zone of proximal Development hard to measure

Vygotsky theory does not focus on deep emotions

(Lourenco,2016)

Children are different and not all children need the support of a adult

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