

Holistic Learning Strategies in Early Childhood Education: Developing Children's Emotional Intelligence and Creativity

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ABSTRACT

Holistic learning has gained increasing prominence in early childhood education due to its capacity to integrate emotional, social, sensory, and cognitive experiences into meaningful developmental pathways. This study investigates how holistic learning strategies foster emotional intelligence and creativity in young children through a systematic literature review of 35 peer reviewed studies published in the last decade. The findings indicate that arts-based learning, nature-based experiential learning, digital and interactive mediation, and social-cooperative learning consistently strengthen emotional awareness, empathy, self-regulation, curiosity, imagination, and divergent thinking. Sustainability, however, requires strong curriculum policy alignment, teacher readiness, parental collaboration, cultural value support, and leadership commitment to holistic pedagogy. This study contributes by synthesizing a conceptual framework that identifies the core components and institutional supports necessary for holistic programs to effectively develop emotional intelligence and creativity in early childhood.

INTRODUCTION

Early childhood education has shifted from a predominantly cognitive orientation to a holistic learning paradigm that recognizes young children as emotional, creative, social, and embodied learners whose development requires an integrated pedagogical ecosystem. In many countries, curricula have begun to prioritize emotional intelligence and creativity as foundational competencies that influence lifelong learning, resilience, and social participation. Research shows that emotionally competent and creative children demonstrate stronger empathy, communication, curiosity, flexibility, and intrinsic motivation to learn, positioning these qualities as essential for success in the twenty-first century (Pinargote et al., 2025). Consequently, early childhood learning strategies are expected not only to build academic readiness but also to foster self-regulation, emotional expression, imagination, and problem solving. Holistic learning has therefore emerged as a central pedagogical orientation that combines cognitive, emotional, physical, social, moral, and creative dimensions within a unified learning experience rather than treating them as disconnected developmental domains (Barorah et al., 2025).

Holistic learning approaches in early childhood emphasize meaningful experiences that integrate children's emotions and creativity into play-based activities, arts, natural exploration, and social collaboration. International studies consistently

show that emotionally meaningful learning experiences trigger higher engagement and learning retention because emotions act as mediators of attention and memory formation in young children (Nikolić, 2024). Visual arts activities, storytelling, sensory exploration, dramatic play, and music have been reported to stimulate creativity while simultaneously strengthening emotional vocabulary and socioemotional communication (Pinargote et al., 2025). Holistic strategies are therefore not merely aesthetic activities but developmentally purposeful interventions that nurture emotional intelligence and creativity concurrently. This aligns with growing recognition that creative expression provides a safe psychological space for children to externalize feelings, negotiate social relationships, and develop metacognitive awareness during early childhood.

Nature-based and outdoor learning environments also play an important role in holistic early childhood pedagogy. Children exposed to open-ended natural play demonstrate increased curiosity, resourcefulness, divergent thinking, and improved emotional regulation due to the calming and exploratory nature of outdoor settings (Ernst & Burcak, 2019). Outdoor learning encourages risk assessment, autonomy, collaboration, and peer empathy, making emotional and creative development a natural part of everyday learning (Waite, 2020). A similar pattern is found in learning environments that combine hands-on exploration with mobile technologies, where interactive tools provide multisensory engagement and opportunities for children to express emotions and ideas in playful ways (Kalogiannakis et al., 2018). These findings indicate that holistic learning strategies can emerge from physical environments, social interactions, digital creativity, and experiential immersion.

Holistic approaches furthermore recognize the affective and cognitive needs of diverse learners, including children with learning differences or neurodivergence. Emotional intelligence training through mobile interactive tools and digital storytelling has been effective in supporting children with autism spectrum disorder in emotional awareness, empathy, and social interaction while enhancing their creativity through virtual experimentation spaces (Papoutsi et al., 2018). Complementary research highlights that intervention models using information and communication technologies support Theory of Mind development and foster emotional and social competencies, which are crucial for creativity and cognitive flexibility (Bamicha & Drigas, 2022). These studies underscore the inclusive potential of holistic learning strategies because they allow children to learn in non-linear, expressive, personalized ways that accommodate diverse developmental trajectories.

The social relational dimension of early childhood learning also contributes to emotional and creative development. Cooperative learning models for young children encourage sharing, negotiation, and mutual emotional regulation, which form the bedrock of prosocial behavior and emotional intelligence (Saihu, 2022). Research on cooperative learning with introverted early childhood learners reveals that structured collaboration reduces social anxiety and promotes positive peer relations that stimulate confidence, emotional stability, and creative expression (Suratiningsih, 2020). Likewise, home-school collaboration enables continuous socioemotional development when parents reinforce emotional and creative practices that originate in classroom activities (Parera & Supriadi, 2025). These findings highlight the systemic nature of holistic education, in which family, teachers, school environment, and external community partners collectively contribute to children's emotional and creative growth.

Learning models rooted in cultural and spiritual frameworks also influence holistic education. Approaches such as Waldorf education integrate imagination,

rhythm, empathy, nature, and artistic practice to cultivate calm emotional states and divergent thinking abilities (Dini, 2024). Similarly, learning models that integrate knowing, doing, and caring foster emotional sensitivity and moral imagination while encouraging creative meaning-making (Parmilyasari, 2024). These approaches affirm that holistic learning cannot be reduced to isolated techniques; rather, it involves a philosophical view of the child as a meaning-oriented, emotionally expressive, and creative human being.

Although existing research has documented the benefits of holistic strategies, a clear research gap remains. First, the study by Pinargote et al. (2025) entitled *The Development of Emotional Intelligence through Visual Plastic Strategies in Children from 4 to 6 Years Old* focused mainly on emotional intelligence from artistic activities without examining creativity as a co-developing outcome. Second, Nikolić (2024) in *Nurturing Creativity: The Role of Art Education in Fostering Children's Expression and Holistic Development* analyzed creativity development but did not conceptualize emotional intelligence as an integral developmental dimension within holistic pedagogy. Third, Barorah et al. (2025) in *Holistic Approach in Education to Promote Critical Thinking and Creativity* examined creativity and critical thinking generally but did not analyze early childhood contexts specifically or explore mechanisms that cultivate emotional competencies. These gaps show that previous research addressed emotional intelligence and creativity separately, leaving limited synthesis on how holistic learning strategies simultaneously promote both in early childhood settings.

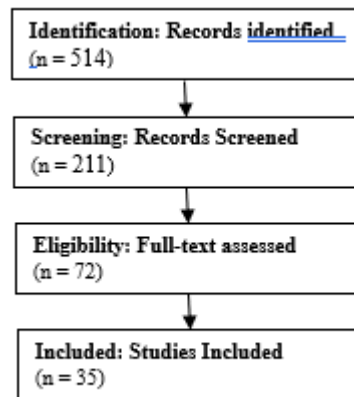
The novelty of this study lies in providing an integrated conceptual mapping of holistic learning strategies that concurrently develop emotional intelligence and creativity in early childhood education based on global empirical and conceptual evidence. Rather than analyzing emotional or creative development in isolation, this study synthesizes patterns across learning environments, pedagogical models, technologies, and socio-relational contexts to identify key components that reliably support both domains. The purpose of this study is to conduct a systematic literature review to determine how holistic learning strategies can be designed and implemented to nurture children's emotional intelligence and creativity simultaneously in early childhood education.

METHODOLOGY

This study employed a Systematic Literature Review (SLR) to synthesize international research on holistic learning strategies that support emotional intelligence and creativity development in early childhood education. The SLR approach was chosen to ensure analytical transparency and to integrate findings from diverse empirical and conceptual studies published over the past ten years. Searches were carried out through Scopus, Web of Science, and Google Scholar using keywords including “holistic learning”, “early childhood education”, “emotional intelligence”, “creativity”, and “play-based learning”.

Article screening followed PRISMA procedures, including inclusion criteria: peer-reviewed articles, studies focusing on early childhood education, studies examining emotional intelligence and/or creativity, and studies discussing holistic or integrative learning approaches. Exclusion criteria included studies focused on primary or secondary education only, book reviews, opinion pieces, and conference abstracts. The selection process is represented as follows: Identification (n = 514) → Screening (n = 211) → Eligibility (n = 72) → Included (n = 35).

The final 35 articles were coded and analyzed using thematic synthesis to identify recurring holistic strategies and their reported developmental outcomes for emotional intelligence and creativity. Analytical categories included pedagogical approach, learning environment, socio-relational design, technological mediation, and emotional-creative outcomes. Findings from this process form the basis of the structured discussion in the subsequent sections.



RESULTS AND DISCUSSION

Mechanisms of Holistic Learning in Developing Emotional Intelligence and Creativity in Early Childhood

Holistic learning environments create interconnected pathways for children to develop emotional intelligence and creativity by recognizing learning as an experiential, relational, and embodied process. Central to this approach is the view that children learn not only through cognition but also through emotion, imagination, movement, and social interaction. Emotional intelligence develops when children are provided opportunities to identify and express emotions, interpret the feelings of others, resolve interpersonal conflicts, and regulate impulses within supportive environments, while creativity flourishes when children are encouraged to engage in open-ended exploration, imagination, flexible thinking, and playful experimentation (Pinargote et al., 2025). These two domains reinforce each other because emotional safety fosters cognitive risk taking, which is the psychological basis of creative expression. Therefore, holistic strategies intentionally integrate emotional and creative tasks rather than teach them separately.

The arts constitute one of the most powerful holistic modalities to cultivate simultaneous emotional and creative growth in early childhood. Visual plastic activities such as sculpting, drawing, collage, and painting allow children to translate complex internal states into symbolic representations, enhancing both emotional vocabulary and imaginative fluency (Nikolić, 2024). Furthermore, the artistic production process requires children to tolerate ambiguity, revise work, and persist through challenges, strengthening emotional resilience and creative flexibility at the same time (Pinargote et al., 2025). Music, storytelling, drama, and dance likewise foster empathy, playfulness, self-regulation, and divergent thinking because children must interpret emotions, embody characters, and respond to dynamic group interactions. The holistic power of art therefore stems from its simultaneous cognitive, affective, sensory, and social engagement.

Natural and outdoor play represents another developmental mechanism that supports emotional intelligence and creativity simultaneously. Nature play has been linked to reduced emotional stress, expanded curiosity, higher resourcefulness, and improved problem-solving, which indicates that outdoor learning provides restorative conditions for emotional balance while stimulating creative cognition (Ernst & Burcak, 2019). Open-ended natural elements such as wood, sand, water, leaves, and stones provide endless creative affordances without predetermined solutions, empowering children to experiment, invent, and adapt. Additionally, outdoor environments require children to negotiate risks, collaborate, manage frustration, and support peers, thereby developing empathy and emotional resilience alongside creativity (Waite, 2020). This evidence demonstrates that emotional and creative development emerge naturally when play experiences are exploratory, embodied, and socially interactive.

Holistic learning also makes use of digital mediation tools to enhance emotional and creative development with the support of structured guidance. Emotional learning applications and digital storytelling platforms provide safe spaces for children to role-play interpersonal scenarios, identify emotions, and explore alternative outcomes to conflicts (Papoutsi et al., 2018). These experiences boost emotional insight while expanding creative imagination through narrative construction and problem solving. In addition, digital learning combined with hands-on activities stimulates multisensory engagement that strengthens creativity while boosting emotional attention and motivation (Kalogiannakis et al., 2018). ICT-based tools increase creativity not only by providing interactive visuals but also by enabling personalized emotional experiences, especially for neurodivergent learners who benefit from structured emotional simulations and imaginative virtual environments (Bamicha & Drigas, 2022). Thus, digital mediation can become a holistic bridge between emotional and creative expression when implemented within supportive learning contexts.

Social relational environments also represent critical platforms for holistic emotional-creative growth. Cooperative learning programs designed for early childhood build emotional intelligence because children must negotiate group roles, listen to peers, and coordinate actions to reach shared goals (Saihu, 2022). Structured collaboration also strengthens creativity because joint tasks encourage children to share ideas, combine perspectives, and generate novel solutions collectively. Research demonstrates that when introverted children participate in developmentally sensitive cooperative learning, social confidence increases and emotional expression becomes less inhibited, leading to more spontaneous creative engagement (Suratiningsih, 2020). This suggests that emotional intelligence and creativity in early childhood are relational capacities that flourish in environments where children feel socially safe.

Parental collaboration enhances the holistic learning cycle by providing reinforcement beyond the school setting. Children whose parents model emotional communication and encourage open-ended play show greater retention of emotional and creative competencies that originate in classroom environments (Parera & Supriadi, 2025). Learning becomes consistent across daily contexts, and children generalize socioemotional understanding and creative autonomy into household routines. This demonstrates that institutional holistic learning requires reciprocal adult relationships at school and home to create continuous emotional and creative scaffolding.

In addition, holistic strategies embed cultural and moral frameworks that nurture children's sense of meaning and identity. Approaches that emphasize imagination, ethics, empathy, ritual, and community such as Waldorf education strengthen emotional

regulation while empowering children to generate creative ideas rooted in personal and cultural meaning (Dini, 2024). Holistic religious and spiritual learning also interlinks emotional awareness and creativity by integrating knowing, doing, and caring as expressions of moral imagination (Parmilyasari, 2024). These findings suggest that holistic pedagogy is not only a technique but a worldview in which emotional intelligence and creativity are cultivated through coherence of experience, relationships, values, and meaning-making.

Across the literature, emotional-creative development emerges most strongly when learning environments enable autonomy, safety, purpose, imagination, and social belonging. Holistic strategies therefore work not because they improve isolated skills but because they reorganize children's internal motivations and learning identities. As a result, emotional intelligence and creativity function not as outcomes but as developmental capacities co-generated by holistic pedagogical conditions.

Components and Learning Environments that Maximize Emotional and Creative Development

To determine which pedagogical components most effectively strengthen both emotional intelligence and creativity, synthesis from the 35 reviewed studies identified recurring elements that are consistently associated with measurable developmental improvement. Across global datasets, four core components were repeatedly found in successful holistic early childhood learning programs: arts-based learning, nature-based experiential learning, digital and interactive mediation, and social-cooperative learning environments. Each component supports emotional and creative development through different mechanisms, and programs that combine two or more components show the strongest developmental outcomes because they create emotionally safe and cognitively stimulating learning ecosystems (Barorah et al., 2025).

Holistic Learning Component	Key Learning Features	Emotional Intelligence Outcomes	Creativity Outcomes	Supporting Literature
Arts-based learning	Visual arts, music, dance, storytelling	Emotional expression, empathy, emotional regulation	Imagination, flexibility, originality	Pinargote et al. (2025); Nikolić (2024)
Nature-based experiential learning	Outdoor play, sensory exploration, risk negotiation	Stress reduction, resilience, cooperation	Divergent thinking, curiosity, resourcefulness	Ernst & Burcak (2019); Waite (2020)
Digital and interactive mediation	Mobile apps, digital storytelling, ICT with hands-on activity	Emotional recognition, social responsiveness	Multisensory creativity, narrative generation	Papoutsis et al. (2018); Kalogiannakis et al. (2018)
Social-cooperative	Collaborative tasks, peer	Empathy, communication,	Shared idea generation,	Saihu (2022); Suratiningsih

learning	problem solving, shared play	self-regulation	collective innovation	(2020)
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The table highlights an important pattern: emotional intelligence and creativity improve most when learning environments provide open-ended expression, multisensory stimulation, and meaningful social participation. Holistic learning programs that rely on only one modality produce gains, but programs that combine modalities (such as outdoor arts, digital storytelling with group collaboration, or nature play with cooperative problem solving) yield richer emotional and creative outcomes (Ernst & Burcak, 2019). This indicates that transformative development requires multi-layered environments that stimulate expression, awareness, connection, and imagination simultaneously.

The analysis also reveals that children's emotional intelligence and creativity grow most effectively in psychologically safe environments where mistakes are treated as learning opportunities. When educators adopt a non-judgmental stance, children are more willing to take cognitive risks and express emotions openly, which drives both creativity and emotional fluency (Nikolić, 2024). Educational climates characterized by punitive or performance-focused control undermine creativity and emotional expression because children fear failure and social judgment. In contrast, holistic learning programs that emphasize autonomy, empathy, and shared reflection foster resilience, empathy, and originality because children feel respected and emotionally validated (Pinargote et al., 2025).

Educators also play an essential role in activating the emotional-creative feedback loop. Teachers who model emotional openness, curiosity, and flexible thinking indirectly transmit behavioral patterns that shape how children express feelings and generate ideas. This is reflected in studies showing that holistic programs succeed most when educators not only implement activities but embody holistic dispositions that integrate empathy, imagination, and attuned communication (Barorah et al., 2025). Therefore, holistic pedagogy depends on educator identity, not only instructional materials.

Finally, parental collaboration, cultural meaning-making, and moral value integration build continuity that reinforces emotional and creative competencies. Children internalize emotional communication and creative autonomy when adults across contexts (teachers, caregivers, and community role models) consistently provide opportunities for expression, reflection, and exploration (Parera & Supriadi, 2025). Thus, holistic learning becomes a developmental narrative rather than a classroom technique.

Sustainability Challenges and Policy Implications for Holistic Learning in Early Childhood Education

Despite strong evidence that holistic learning strategies effectively enhance emotional intelligence and creativity in early childhood, their long-term sustainability depends on whether institutions can overcome structural, pedagogical, and cultural barriers that influence implementation. One of the largest obstacles is inconsistency in curriculum policy, where schools adopt holistic learning as an occasional enrichment activity rather than as an integrated pedagogical foundation. When holistic models are implemented episodically, gains in emotional expression, self-regulation, and creative

engagement diminish over time because children do not experience continuity in emotionally meaningful and imaginative learning opportunities (Rahmawati et al., 2025). In contrast, sustainable emotional-creative transformations occur when holistic learning is positioned as the core of curriculum design and daily classroom practice, rather than as supplementary programs (Salsabilah & Loka, 2024). This highlights that sustainability is not driven by activities alone, but by policy-level commitment.

Educator readiness also strongly affects the sustainability of holistic learning models. Teachers often agree conceptually with the value of holistic approaches, yet many feel unprepared to interpret children's emotional cues, facilitate open-ended play, or manage unpredictable creative expression (Habibulloh et al., 2025). Without adequate professional development, teachers may revert to teacher-centered instruction because it feels more predictable and easier to manage behavior. In contrast, holistic programs thrive when schools provide ongoing training, reflective discussions, and collaborative planning systems that develop educators' emotional literacy and creative pedagogical identity (Barorah et al., 2025). Sustainability therefore depends not only on techniques but on continuous teacher support that reshapes how educators understand learning, emotions, and creativity.

Family collaboration also influences the long-term continuity of holistic development. When parents reinforce emotional communication and open-ended play at home, children maintain emotional flexibility and creative confidence outside the classroom. However, when parents prioritize early academic performance and neglect social-emotional development, children may suppress creativity and emotional expression in favor of compliance-based learning (Parera & Supriadi, 2025). Studies show that sustainable holistic education requires structured school-family collaboration where teachers help parents understand how creativity and emotional intelligence contribute to long-term resilience, moral growth, and academic readiness (Rahmawati et al., 2025). Therefore, parental synergy is a structural component of holistic education, not an optional feature.

Cultural expectations and belief systems also present sustainability barriers. In some school environments, emotional expression and imaginative play may be perceived as less important than discipline, obedience, or academic drilling. Such value orientations reduce opportunities for children to explore divergent thinking and internal emotional communication, thereby weakening the developmental outcomes of holistic learning (Nisviati et al., 2025). Conversely, schools that successfully sustain holistic learning position emotional and creative development as moral, cultural, and spiritual priorities, framing them as essential components of children's identity rather than distractions from academics (Parmilyasari, 2024). Sustainability therefore requires cultural alignment, not merely pedagogical innovation.

Institutional capacity further affects sustainability, particularly with regard to learning materials and time allocation. Holistic learning requires unstructured play time, creative exploration, sensory activities, emotional conversations, and reflection periods, elements that may be difficult to sustain under tightly packed academic schedules. When schools restructure timetables to incorporate open-ended play and project-based exploration, emotional and creative development becomes a daily experience rather than a special event (Suarta & Rahayu, 2018). The same is true for classroom materials: holistic learning flourishes when schools provide consistent access to loose parts, arts supplies, outdoor environments, and storytelling resources, rather than relying on

minimal or temporary materials (Ernawati & Rahman, 2025). Therefore, sustainability is a logistical requirement as much as a pedagogical one.

Finally, sustainable adoption of holistic learning requires a supportive leadership ecosystem. School leaders who understand early childhood development and value emotional-creative outcomes create policy frameworks that provide autonomy, experimentation space, and emotional well-being for teachers and learners. When leadership treats holistic pedagogy as measurable progress rather than disruptive deviation, teachers feel empowered to innovate rather than pressured to conform (Suratiningsih, 2020). In contrast, leadership that prioritizes standardized tests or visible “academic rigor” weakens holistic practice because teachers perceive emotional and creative activities as inferior to quantitative academic performance. This confirms that sustainable holistic learning depends on policy coherence at every level curriculum, school leadership, teacher professional culture, family partnership, cultural values, and logistics to maintain emotional and creative developmental benefits over time.

CONCLUSION

This study confirms that holistic learning strategies significantly enhance emotional intelligence and creativity in early childhood by integrating cognitive, emotional, social, sensory, and imaginative experiences into unified learning environments. Emotional-creative development is strongest when children participate in arts-based expression, nature-based experiential learning, digital mediation with guided reflection, and social-cooperative play supported by psychologically safe environments and empathetic educator attitudes. Sustainability, however, requires institutional commitment to embed holistic pedagogy into curriculum policy, teacher professional culture, parental collaboration, resource provision, cultural value alignment, and school leadership practices. Based on these findings, early childhood institutions are encouraged to redesign curricular structures to prioritize emotional and creative development, invest in continuous teacher development, facilitate structured collaboration with families, and promote leadership frameworks that protect holistic learning as an educational priority. Through synchronized systemic action, holistic learning can provide young children with the emotional resilience and creative autonomy necessary for lifelong learning and well-being.

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