

FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 1-year-old—a great way to have fun together and support your child's social-emotional development.

Play on the floor with your baby every day. Crawl around with her, or just get down and play on her level. She will really enjoy having you to herself.

Dance to music with your baby. Hold his hands while he bends up and down. Clap and praise him when he "dances" by himself.

Let your baby know every day how much you love him and how special he is—when he wakes up in the morning and when he goes to sleep at night.

Play gentle tickle games with your baby, but make sure to stop when she lets you know she has had enough. Watch her carefully and you will know.

When you are dressing or diapering your baby, talk about her body parts and show her your body parts. Say, "Here is Daddy's nose. Here is Destiny's nose."

Go on a walk to a park or a place where children play. Let your baby watch them and visit a little if he is ready.

Twirl your baby around. He will enjoy a little rough-and-tumble play, but make sure you stop when he has had enough.

Sit on the floor with your baby and roll a ball back and forth. Clap your hands when your baby pushes the ball or "catches" the ball with his hands.





Activities



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 2-year-old—a great way to have fun together and support your child's social-emotional development.

Play Parade or Follow the Leader with your toddler. Your child will love to copy you—and be the leader!

Try to have **set routines** during the day, and let your child know what will be happening next. Say, "Remember, after we brush your hair, we get dressed."

Have a special **reading time** every day with your toddler. Snuggle up and get close. Before bedtime or naptime is a great time to read together.

Give your toddler choices, but keep them simple. Let her choose a red or a blue shirt while dressing. Let her choose milk or juice at lunch.

Encourage your child to pretend play. Put a few small chairs in a row to make a "bus." Cut up some paper "money" to pay the driver. Ask, "Where will we go today?"

Teach your child simple songs and finger plays, such as "The Itsy-Bitsy Spider."

Your toddler is learning **all about emotions.** Help him label his feelings when he is mad, sad, happy, or silly. Say, "You are really happy" or "You seem really mad."

Get down on the floor and play with your child. Try to follow your child's lead by playing with toys he chooses and trying his ideas.



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 3-year-old—a great way to have fun together and support your child's social-emotional development.

Tell your child a simple story about something she did that was funny or interesting. See if your child can tell a different story about herself.

Draw simple pictures of faces that show happy, sad, excited, or silly expressions. Cut them out and glue them on a Popsicle stick or pencil. Let your child act out the different feelings with the puppets.

At dinner time, let family members talk about their day. Help your child tell about her day. Say, "Latoya and I went to the park today. Latoya, tell your sister what you did at the park."

Give your child directions that have at least two steps when you and he are cooking, dressing, or cleaning. Say, "Put that pan in the sink, and then pick up the red spoon."

Tell your child a favorite story, such as the Three Little Pigs or Goldilocks and the Three Bears. See if your child can tell you how the animals felt in the story.

Tell silly jokes with your child. Simple "What am I?" riddles are also fun. Have a good time and laugh with your child.

Play games that involve following simple rules, such as Mother May I and Red Light, Green Light.

Create a pretend argument between stuffed animals or dolls. Talk with your child about what happened, feelings, and how best to work out problems when they come up.





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FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 4-year-old—a great way to have fun together and support your child's social-emotional development.

Introduce a new feeling each day, such as bored. Use pictures, gestures, and words. Encourage your child to use a variety of words to describe how he feels.

Encourage activities that involve sharing, such as building with blocks, coloring with crayons, and playing dress up. Teach your child how to ask a friend for a turn. Give your child a lot of time to play with other children.

Take your child to the library for story hour. She can learn about sitting in a group and listening to stories.

Take your child to the store, a restaurant, or the library. Explore new places. Talk with her about how people are alike and how they are different.

Provide opportunities for your child to be creative. Empty containers, glue, newspapers, rubber bands, and magazines can be used to make new inventions.

Make puppets out of Popsicle sticks by gluing on paper faces, adding yarn for hair, and so forth. Put on a show about two children who meet and become friends.

When doing housework or yard work, allow your child to do a small part on his own. Let him empty the wastebasket or clean crumbs off the table.

Use stuffed animals to act out an argument. Talk first about how the different animals are feeling. Then, talk about different ways to come to an agreement.



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 5-year-old—a great way to have fun together and support your child's social-emotional development.

When your child has friends over, encourage them to play games that require working together. Try building a tent out of old blankets, playing catch, or acting out stories.

Build a store, house, puppet stage, or fire truck out of old boxes.

Your child can invite a friend over to play store or house, have a puppet show, or be firefighters.

Ask your child her birthday, telephone number, and first and last name. Practice what she would do if she was separated from you at the store.

Tell your child a favorite nursery rhyme that involves the idea of "right" and "wrong." Discuss what kinds of choices the characters made in the story.

Gather old shirts, hats, and other clothes from friends or a thrift store. Encourage dramatic play—acting out stories, songs, and scenes from the neighborhood.

Play games with your child such as Go Fish, Checkers, or Candy Land. Board games or card games that have three or more rules are great.

Show your child pictures in magazines of people from different cultures. Talk about things that are the same or different between your family and other families.

Talk about real dangers (fire, guns, cars) and make-believe dangers (monsters under the bed) using hand-drawn pictures or pictures cut out from a magazine.

