

social & emotional development

Support your child in the area of social & emotional development!

Social & emotional development involves:

- Getting along with others.
- Making and keeping friends.
- Handling emotions.
- Expressing oneself.
- Wanting to learn new things.
- Starting and finishing an activity.
- Taking responsibility for actions.

When your child starts school, she will be more likely to do well if she is able to do these things.

You can help your child's social and emotional development by the activities listed on the back of this card.

social & emotional development

Activity Name	Age	Purpose	Things You Will Need
Feelings	3-4	To help your child label and express her emotions.	<ul style="list-style-type: none"> ■ The book: <i>What is Blue Feeling? Bring Your Own Crayon!</i> by Angela C. Santomero ■ Crayons
Tea Time	3-4	To help your child get along with others in order to make and keep friends.	<ul style="list-style-type: none"> ■ Tea set
Taking Care of Others	3-4	To teach your child empathy and caring for others.	<ul style="list-style-type: none"> ■ Baby doll ■ Baby bottle ■ Infant diaper ■ Blanket
What does it Feel Like?	3-4	To help your child learn good manners and understand how people feel and why.	<ul style="list-style-type: none"> ■ The book: <i>The Grouchy Lady Bug</i> by Eric Carle
Making Faces	0-2	To show your child that you enjoy her company and help her feel good about herself.	<ul style="list-style-type: none"> ■ The book: <i>Baby Faces</i> by Margaret Miller

The School Readiness Activity Box Series, developed by Ready At Five, will help you build your child's skills in the seven Domains of Learning:

- Social & emotional development
- Physical development
- Language & literacy
- Mathematical thinking
- Scientific thinking
- Social studies
- The arts

To get activities in each of the above areas, visit www.readyatfive.org.



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Help your child label and express her emotions!

For preschoolers (3- and 4-year-olds)

feelings

you will need

- The book: *What Is Blue Feeling? Bring Your Own Crayon!* by Angela C. Santomero
- Crayons

Instructions

1. Begin reading *What is Blue Feeling? Bring Your Own Crayon!* to your child.
2. After you finish reading each page, help your child answer the question on the page about what "Blue is feeling." Have your child look for clues in the picture to help her answer the question. For example, on the page where Blue is feeling scared, ask your child "What is Blue looking at on the ground that might make him scared?" (the owl's shadow).
3. Encourage your child to look at Blue's face in each picture. For example, you might say, "See how Blue's face shows that he is feeling happy. Can you make a happy face?"
4. For each emotion that Blue feels, your child should draw a picture of a time when she had that emotion. Help your child to think about why she was feeling that way.

feelings

Other Activities to Try

- Read the book *Alexander and the Terrible, Horrible, No-Good, Very Bad Day* by Judith Viorst. Talk with your child about what she does when she had a terrible day.
- Using puppets or dolls, act out situations and emotions. Using the puppets, show your child how to handle certain feelings. For example, if the puppet is upset that someone took her toy, the puppet can say, "That make's me so mad. Can I please have my toy back? You can have it when I am done."
- Let her know when you are feeling sad or mad or lonely. She will see that these feelings are ok, and that everyone has them.

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You can help your child's social and emotional development by doing this activity.

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Social & Emotional Development

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Help your child get along with others in order to make and keep friends.

For preschoolers (3- and 4-year-olds)

tea **time!**

you will need

- Tea Set

Instructions

1. Tell your child that you'd like to have a tea party. Say, "I've got a tea set here, and I thought we could have a tea party together."
2. Show your child the items in the tea set and ask him to help you set the table.
3. Once the table is set, sit down with your child; take the teapot, and say, "Would you like some tea?" Offer your child some pretend food as well.
4. Use this time to talk with your child! Use open-ended questions to guide your conversation; in other words, ask your child things that will get him talking. Do not ask yes or no questions. You might say, "Tell me about something that made you laugh this week." or "What do you want to be when you grow up?" This will help teach your child how to have a conversation (how to talk to and listen to others).

tea **time!**

Other Activities to Try

- Have a real tea party with your child. Make special treats with your child and serve juice. Ask your child if he'd like to invite some friends to the party.
- Make a special meal with your child. Plan the menu and make the meal together. Use good "plates" and play music. Be sure to talk with your child during dinner!
- Let your child use the tea set and have a pretend tea party for his stuffed animals.

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Teach your child responsibility and to care for others!

For preschoolers (3- and 4-year-olds)

taking care of others

you will need

- Baby doll
- Baby bottle
- Infant diaper
- Blanket

Instructions

1. Begin by telling your child that you'd like to play a game with him.
2. Place the baby doll, blanket, diaper and bottle in front of him, and tell him that he needs to take care of the baby.
3. Pick up the baby and say, "Oh, your baby is crying. I think you need to change the baby's diaper." Hand him the baby, and help him as he lays the baby down and puts the diaper on the baby. If your child does not know how to put a diaper on the baby, demonstrate by laying the diaper open on a flat surface and gently placing the baby on the open diaper. Carefully pull the diaper up between the baby's legs and lay the top half across the baby's tummy. Gently attach.
4. Once he's completed this task, tell him, "You're doing a great job of taking care of the baby."
5. Continue to play with him and the baby, asking questions, such as, "What is the baby's name?" and "How old is the baby?"

Continued on back...

taking care of **others**

6. Next, tell him that the baby is hungry. Ask him to feed the baby. Show him how to carefully hold the baby and place the bottle in the baby's mouth. Remind him to hold the baby gently but close.
7. Once he's finished, you may say, "Great job! Don't forget to burp your baby." Show your child how to burp the baby by carefully placing the baby on your shoulder and gently patting his back. Ask your child if he'd like to try.
8. Finally, tell him that you think the baby is cold, and ask him if he can wrap the baby in the blanket. Remind him to be very gentle, that babies are fragile. Praise him for doing such a good job and being so caring.

Other Activities to Try

- Ask him if he'd like to give the baby doll a bath. Let him take the baby doll in the tub, and wash the baby, just like you wash him.
- When one of your child's friends or relatives is sick, help him to make a get-well card for that person.
- Get some bread, and take him with you to feed the birds.
- Have him help you water the plants in your home. Explain that you need to take care of the plants by watering them, because plants need water to live.

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Help your child learn good manners and understand how people feel and why.

For preschoolers (3- and 4-year-olds)

what does it **feel like?**

you will need

- The book: *The Grouchy Ladybug* by Eric Carle

Instructions

1. Show your child the book. Tell your child that the book is called the *Grouchy Ladybug*.
2. Ask your child if she knows what "grouchy" means. If she does not, explain that it means grumpy or cranky.
3. Say, "Have you ever felt grouchy?" Ask your child to tell you about a time when she felt that way. Ask your child, "What did you do when you were feeling grouchy?"
4. Now, begin reading the book. As you are reading, ask your child, "How is the grouchy ladybug acting?" Explain to her that sometimes when people act like this we say that they are acting grouchy.
5. Ask her why she thinks the ladybug is grouchy. Talk with her about some of the reasons someone might be grouchy.
6. When you get to the part where the grouchy ladybug meets the friendly ladybug, ask your child, "How do you think the friendly ladybug felt when the grouchy ladybug shouted 'Go Away'?" Once your child answers, ask, "What would have been a nicer thing to say?" *Continued on back...*

what does it **feel like?**

7. Continue reading. When the ladybug meets other animals, stop reading and talk with your child about what the ladybug and other animals might be feeling. Talk with your child about better ways of talking. For example, when the ladybug meets the sparrow, you might ask your child:
 - Why do you think the ladybug keeps asking animals if they want to fight?
 - What would have been a better thing to say when you first meet someone?
8. As you get to the end of the book, and the friendly ladybug shares with the grouchy ladybug, say “Wow, I like the way the friendly ladybug shared with the grouchy ladybug, even after she was mean to her. Tell me what you think about that?”

Other Activities to Try

- When reading to your child, stop often during the story to ask her how she thinks a person in the story feels. Ask her what she would do in the same situation.
- Share your feelings with your child. You might say, “I am so excited to see you. I was really sad when I took you to ‘school’ today. I knew I was going to miss you when I was at work.”

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Show your child that you enjoy her company and help her feel good about herself.

For infants & toddlers (under age 2)

making faces

you will need

- The book: *Baby Faces* by Margaret Miller

Instructions

1. Hold your child on your lap and say, "Let's read a book."
2. Show your child the book and let her look at the cover if she shows an interest.
3. As you read the pages, talk with your child about the faces on each page and why you might make them. For example, you may say: "Look at the boo hoo face. I can make a boo hoo face, see?" Demonstrate a sad face for your child. Then say, "Can you make a sad face? Sometimes you make a sad face when you don't want me to go to work."
4. After you have read the book, let your baby hold it and look at it.

making faces

Other Activities to Try

- Hold your child in front of a mirror and make different faces. Encourage her to do the same.
- As your child expresses different emotions, talk with her about them. For example, "You have a sad face and are crying. You must want me to change your diaper right now. I will change it very fast, and then we will play. Won't that make you happy!"

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