

PLAY & LEARN:

Shoo, Fly! book



Sing.



Play.



Love.®

Young children experience **BIG EMOTIONS.**

Just like adults, they feel angry, frustrated, tired, surprised, excited, worried and bored. However, they lack the communication skills and wealth of coping strategies to handle their strong emotions. Infants and toddlers communicate through their actions and sounds. Preschoolers begin to develop an awareness of self and others. With practice and repetition, they begin to identify basic emotional reactions in themselves and others.

The most important thing we as adults can do is meet the emotional needs of young children for comfort, security and nurturance. All learning that young children experience occurs within responsive and caring relationships with others, especially social-emotional development.

Here are some simple play ways to help your child learn about emotions. Enjoying these play activities together will also enhance the bond between you and your child.

Feelings Walk. Use a sound as a signal to start the game, such as a bell or several beats of a “kitchen band” drum. Tell your child to walk like she is sad, angry, tired, happy, excited, scared or shy. Sound the signal again for your child to stop and listen to the next suggestion for their emotion walk. Repeat until she has practiced a variety of both positive and negative emotions.

If You’re Happy and You Know It! Sing this familiar song with your child. Then create a new version all your own, and add large motor motions of your choice for different emotions. For instance, “if you’re mad and you know it, stomp your feet” or “if you’re surprised and you know it, jump and shout!” Allow him to look in a full-length mirror to observe his “feeling-filled” motor motions. Another variation is to ask your child to do a “feelings” movement, and it is your turn to guess the feeling he is portraying.

“Read my Feelings” Game. Look at the pages of books with your child. Ask her to point to a happy face, sad face or angry face as they appear in the pages of the book. Challenge your child to imitate the same expression with her face with you. Ask: “What does your face look like when you are sad . . . scared . . . happy?”



Together we will help your child learn and grow. SingPlayLove.com