

Social Emotional Activities- Week of 4/27 – 5/1

Activity: Centering/ Bedtime Calm Down

This is a Family activity for after children's pajamas are put on and teeth are brushed

Materials Needed:

- Carpeted floor or blanket to spread on the floor
- Candle, electric candle, flashlight
- Video – ***Underwater Sleep Dome*** on YouTube

Learning Target(s):

- I can sleep peacefully by relaxing my body and my mind

Directions/Instruction:

Family sits in a circle “crisscross applesauce” with hands resting palms up on knees. Dad, mom or teenage sibling lights candle and places it in the center of the circle and turns out the lights in the room. Adult has everyone close their eyes and take 3 slow deep breaths. Play video- listen and follow along with eyes closed. Children will be relaxed and ready for sleep.

After doing with the video a few nights, this can be done without the video. An adult or older sibling can lead the children to relax and take the deep breaths. The leader can even dedicate the circle to a family member or someone like firemen or nurses.

Visuals/Examples:



Ready Rosie / Online Links:

Youtube Video: <https://www.youtube.com/watch?v=9wSFEJkEZcA>

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Activity: Calming Glitter Jar/Bottle

This activity can provide a tool to help children learn about self-regulation. It can be an introduction to how the mind works when experiencing difficult emotions and how to calm down. You may say: “It’s okay to have strong feelings or big emotions but we can also learn how to calm down.” You may also help your child “name” his or her feelings: I see that you are sad/frustrated, etc.

Materials Needed:

- Small jar/Plastic bottle
- Clear glue
- Glitter
- Food coloring
- Hot water
- Whisk/stick

Learning Target(s):

- I will name my feelings.
- I will learn how to calm my body.
- I will learn how to take turns.

Directions/Instruction:

1. Pour glue and hot water (tap water is okay) into the jar and mix with a whisk.
2. Add some glitter.
3. Add a drop or two of food coloring to give it more excitement.
4. Blend all ingredients with whisk or stick.
5. Put the lid on and give it a good shake so the glitter is dispersed throughout.
6. Then let it cool without the lid.
7. You can secure the lid with super glue.
8. Shake the jar/bottle then set it on a table or the floor and watch the glitter settle.

Not Ready Yet:

Assist your child/provide hand-over hand assistance if needed and calmly watch the jar with your child until the glitter are all settled down.

Need a Challenge:

Take turns using the jar/bottle. Set a timer or give a time limit until it’s your turn. You may say: After two (2) minutes it will be Mommy/Daddy’s turn.

Visuals/Examples:



Ready Rosie / Online Links:

- <https://pbskids.org/video/esme-roy/3032578680>
- <https://www.youtube.com/watch?v=gBnlKQmLfe8>
- <https://www.secondstep.org/covid19support/kindergarten-lessons> (Lesson 14: Calming Down Strong Feelings)

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Activity: Turn-Taking

There are opportunities to practice turn-taking at home all the time! You can take turns when you are playing with toys, when you are cleaning up (putting away toys, clothes, dishes, etc.), by playing a simple board game, or when you are outside.

Materials Needed:

- Ball/beanbag
- Toys (cars, blocks, dolls, play kitchen, etc.)
- Simple board games
- Dishes
- Laundry

Learning Target(s):

- I can take turns with my family by following the direction “my turn”.
- I can play a turn-taking game by taking my turn, giving the item to a family member, and waiting my turn.
- I can help around the house by taking turns during clean up opportunities.

Directions/Instruction:

- Turn-Taking simply means that one person gets a turn with an object and the other person does.
- Turn-Taking is an important skill for your child to learn. Being able to participate in turn-taking activities will increase a child’s social skills and conversational skills. To take turns a child must:
 - Learn the social understanding of why we share
 - Learn self-regulation skills
 - Learn what to do when I am waiting
 - Learn when to take a turn
- Provide your child with an activity that requires taking turns (board or card games, ball play, cars, dolls, trains bubbles, cooking, etc.)
 - Take turns using turn-taking language.
 - My Turn
 - Your Turn
 - Wait

Not Ready Yet:

Structure turn taking by providing your child with either visual, gestural, or verbal cues that it is time to take a turn and/or it is time to relinquish their turn.

- Visual cues could be pictures indicating whose turn it is.
- Gestures could include signing “my turn” or waiting expectedly with an open hand.
- Verbal cues are words that you say to prompt turn taking. One example; “3, 2, 1, my turn.”

Need a Challenge:

Introduce games with more rules that you can play with your family. These could include board games, card games, or movement games.

- Board Games – Candyland, Chutes and Ladders, Memory Match, Sequence Jr
- Card Games – Go Fish, Crazy 8’s, Go Fish
- Movement Games – What Time Is It Mr. Fox, Red Light, Green Light, Mother May I

Visuals/Examples:



Ready Rosie / Online Links:

Taking Turns <https://app.readyrosie.com/en/videos/228>

Go Fish <https://app.readyrosie.com/en/videos/707>

Kick with Me <https://app.readyrosie.com/en/videos/763>

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Activity: Color Your Feelings

This activity can provide a tool to help children identify and name their feelings.

Materials Needed:

- Paper
- Markers/crayons

Learning Target(s):

- I can name my feelings by telling how I feel.
- I can express my feelings by drawing how I feel.

Directions/Instruction:

During this activity, children will draw how they are feeling using the crayons and paper provided. You can guide them to use a specific color for each feeling. For example: Red for “mad”, Yellow for “happy”, Blue for “sad”, etc.

Children will show their work to their parents and discuss how they are feeling.

Not Ready Yet:

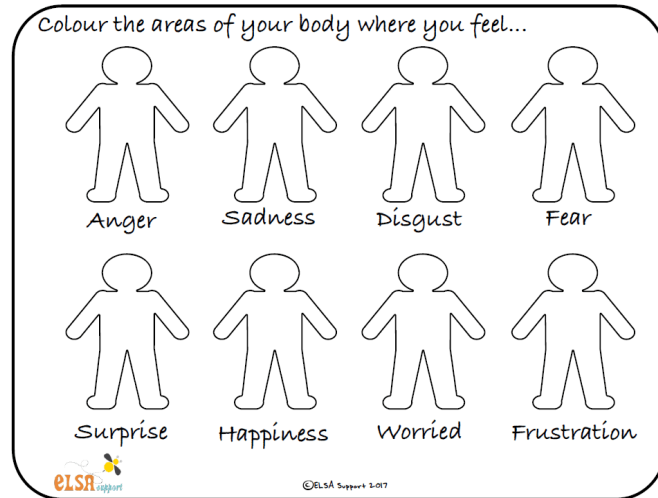
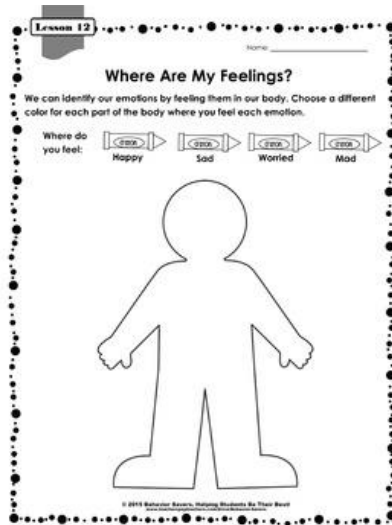
Assist your child/provide hand-over hand assistance if needed. Provide your child with a template and pre-assign the colors that represent each feeling.

Need a Challenge:

Give your child a white piece of paper and tell him or her to draw a heart and identify the specific colors to represent each feeling.

You can also turn it into a game by listening to a song. The child will act out how he or she is feeling using different body parts. When the song stops, he or she can hold the drawing up and family members can take turns talking about it.

Visuals/Example:



Ready Rosie / Online Links:

<https://www.secondstep.org/covid19support/kindergarten-lessons> (Lesson 12: We Feel Feelings in Our Bodies)

<https://www.youtube.com/watch?v=-J7HcVLsCrY> (Feelings Song)

<https://www.youtube.com/watch?v=hAckcoesj4s> (Feelings Journal/How to talk about feelings)

<https://www.elsa-support.co.uk/wp-content/uploads/Colour-the-emotion.pdf> (Printable Template)