

1. Playing Fairly

Spending time at home playing with family is not only fun but also a great way to learn how to play fairly. Enjoy this video and song with your children <https://www.youtube.com/watch?v=EWzNeJgwwvA> sing along and encourage kids to sing too focusing on the course typed below

Play together, trade, take turns,

These are three Fair Ways to Play.

Play together with the toys,

Trading toys is when we switch,

Taking turns, you use it first,

Then I get to use it next.

Play together, trade, take turns,

These are three Fair Ways to Play.

Enjoy singing the song and playing along with your kids practicing each of the 3 fair ways to play. Next time the kids are having a hard time playing fair remind them the 3 ways to play fair and ask them to choose one.

Play Together, Trade, Take Turns!

2. Partner Book for Week 20 of Second Step

"My Friend" and I by Lisa Jahn-Clough

Follow the next link to watch a read out loud of the book

<https://www.youtube.com/watch?v=xc7eG3LHWMs>

As you watch the video, pause at different moments and ask your child these questions:

- What do you think is happening on this page?
- How is this character feeling?
- How can you tell?
- Have you ever felt that way?
- What you think is going to happen?

On this YouTube playlist you can find stories and songs related to this week's topic "Playing with Friends" <https://www.youtube.com/playlist?list=PL4kvRFQNG0iZyUpc2THG1X0OGpsHHXly1>

3. Let's play "Starfish and Tornadoes"

We know that spending most of the time at home makes it difficult for our little ones to use all their energy. Kids also need to be aware of their energy level as their emotions. Katy Kelly¹ from understood.org shares this game called "Starfish and Tornadoes" to help kids to be aware of their energy levels:

"The goal: To help kids notice how much energy they're feeling inside. When they know they have too much energy, they can either use their own calming skills or ask for help from a trusted adult.

How to play: Make a picture of a thermometer. Draw a starfish at the bottom and a tornado at the top. Ask if your child feels calm and peaceful like a starfish or revved up like a tornado. When your child is feeling over-energized, brainstorm together about ways to feel more like a starfish. For example, bouncing a ball to help release some of that energy.

Try playing this game at different times of the day and help your child describe the energy levels. For example, if you play first thing in the morning, you can say, "You like to snuggle and watch cartoons." Or, "I bet you could run up and down the stairs five times before I finish making breakfast!"

¹ <https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>