

**Activity: Social and Emotional Learning Games**

**Developmental Focus Area: Social and Emotional Age: Infants/Toddlers ages 1-2**

**Simple fun games can help children learn to cope with feelings, set goals, and get along with others. Self-regulation helps them manage their emotions and their body movements. Praising good behavior often leads to more of positive behaviors in children.**

**At home together with your child use the inset link to play the different games provided. These games will allow you to have fun with your child as they teach, many different ways of building children’s Social and Emotional Development.**

**Online Resource-** <https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children> **for more activities to enjoy with your child at home.**

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child. C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf***

**The PAL letters are developed to support your child’s academic/social emotional progress and related to the programs School Readiness goals.**

**Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Rate this activity from 1-5, circle your rating (5= highest rating): **1 2 3 4 5** Comments about the activity: (PROVIDE EXAMPLE) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week.

**Parent’s Signature:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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