



TIDBITS FOR PRE-K SOCIAL EMOTIONAL LEARNING

BY EARLY CHILDHOOD MENTAL HEALTH
AWARENESS TRAINING TEAM



"Develop a passion for learning. If you do, you will never cease to grow."

-Anthony J. D'Angelo

ACTIVITIES YOU CAN SHARE WITH FAMILIES AND CAREGIVERS OF PRESCHOOL AGE CHILDREN

Feeling Face Masks [cliengagefamily.org]

Objective: You and your child will discuss and describe situations in which both of you have experienced different emotions. Together, you will make "feeling face" masks to show these emotions.

This activity will help your child understand and relate to his or her own feelings and those of others.

YOUNG CHILDREN MAY FIND IT DIFFICULT TO TRANSITION FROM SUMMER BACK TO SCHOOL. TRY ONE OR MORE OF THE ACTIVITIES BELOW TO HELP PRESCHOOL AGE CHILDREN UNDERSTAND AND ADAPT TO THEIR NEW ENVIRONMENT.



Going to School

[circleactivitycollection.org]

Objective: Children will be able to identify how a book character is feeling on the first day of school and relate the character's emotions to their own.

Circle Time Behaviors

[circleactivitycollection.org]

Objective: Children will learn the behavioral expectations for whole group lessons.



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"HAPPINESS IS A HABIT- CULTIVATE IT."

-Elbert Hubbard

Encouraging Your Child to Cooperate

[\[cliengagefamily.org\]](https://cliengagefamily.org)

Objective: This interactive video shares different strategies parents can use when children are reluctant to cooperate and do not want to transition from playing to completing a daily routine, such as brushing their teeth.

Daily Schedule Chart

[\[circleactivitycollection.org\]](https://circleactivitycollection.org)

Objective: Children will be able to use the daily schedule chart to sequence events.

Clean Up with Simon Says

[\[cliengagefamily.org\]](https://cliengagefamily.org)

Objective: In this activity, you will play a Simon Says game to help your child practice self-control and follow verbal instructions with two or three steps.

