



Social and Emotional Development

Station 1: Dealing with Feelings

Directions:

At this board book station families will read a variety of books.

Literacy and Social Skill Development:

- Reading aloud promotes oral language development.
- Lap reading encourages bonding between caregiver and child.
- Stories provide opportunities to talk about feelings.



Station 2: Stack and Build Emotions

Directions:

Families can build while learning about body language that reveals emotions.

Fine Motor Development and Body Language:

- Child will develop fine motor skills, specifically the pincer grasp.
- Name the emotion as you stack.
- Put the puzzle together as you stack the correct parts on top of each other.
- Talk about how the body conveys emotions.



Station 3: Hide and Seek Beehive

Directions:

Develop object permanence by hiding and locating bees inside the hive.

Object Permanence:

- Hide and find the bees. Talk about how things can be hidden and found again.
- Count the Bees.
- Jingle, rattle, and squeak the bees.



Station 4: Mood and Emotion Mirrors

Directions: Use the mirrors to talk about feelings.

Emotion Vocabulary Development:

- Name the emotion on the mirror.
- Try to make your own emotion-face using your mirror.
- Play guess the emotion with your face.



Station 5: What's Inside?

Directions:

Help your child develop risk-taking by guessing what they will pull out from the box.

Vocabulary and Motor Skills:

- As your child chooses an object, name the object and the color.
- Name other objects that are similar to this object.
- Play the game with a group and pass the box around to help with taking turns.
- Problem solve with your child if his first attempt at naming the shape is inaccurate.

