

## Social-Emotional Activities for Young Children 36 Months Old



<p>Tell your child a simple story about something she did that was funny or interesting. See if your child can tell a different story about herself.</p>	<p>Encourage your child to identify and label his emotions and those of other children or adults.</p>	<p>Provide opportunities for your child to play with other children in your neighborhood or at a park.</p>	<p>Many children this age have imaginary friends. Let your child talk and play with these pretend playmates.</p>
<p>At dinner time, let family members talk about their day. Help your child tell about her day. Say, <i>"Latoya and I went to the park today. Latoya, tell your sister what you did at the park."</i></p>	<p>Give your child directions that have at least two steps when you and he are cooking, dressing, or cleaning. Say, <i>"Put that pan in the sink, and then pick up the red spoon."</i></p>	<p>Write a letter together to grandparents, a pen pal, or a friend. See if your child can tell you what to write about herself to include in the letter.</p>	<p>Play games with your child that involve taking turns, such as Follow the Leader and Hopscotch.</p>
<p>Create a pretend argument between stuffed animals or dolls. Talk with your child about what happened, feelings, and how best to work out problems when they come up.</p>	<p>Have a special reading time each day. Snuggle up and get close. Slowly increase the length of the stories so your child can sit and listen a little longer.</p>	<p>Let your child know every day that you love him and how great he is. Give him a "high five," a big smile, a pat on the back, or a hug. Tell him he is super, cool, sweet, and fun.</p>	<p>Tell your child a favorite story, such as the <i>Three Little Pigs</i> or <i>Goldilocks and the Three Bears</i>. See if your child can tell you how the animals felt in the story.</p>
<p>Draw simple pictures of faces that show happy, sad, excited, or silly expressions. Cut them out and glue them on a Popsicle stick or pencil. Let your child act out the different feelings with the puppets.</p>	<p>Get down on the floor and play with your child. Try to follow your child's lead by playing with toys she wants to play with and trying her ideas.</p>	<p>Play games that involve following simple rules, such as Mother May I and Red Light, Green Light.</p>	<p>Tell silly jokes with your child. Simple "What am I?" riddles are also fun. Have a good time and laugh with your child.</p>