

# Playing At Home

## EMOTION COACHING

- Observe your child and help them name the emotions they are feeling. "Sean, it seems like you were *frustrated* when Jordan knocked down your block tower."
- Make an emotional face and ask your child, "What am I feeling?" Share times when you have felt excited, frightened, or sad. Use a mirror to practice emotions. "What happens to your eyebrows when you make a happy face?" How about an angry face?"
- Read a favorite story that has the characters showing their feelings. As you read the story, ask your child to identify what is going on in the story, what the character is feeling and why, and what they think they would feel like if they were in that situation.
- It can be difficult to calm down when our emotions run hot. Help your child to practice breathing as a way for calming down by pretending to smell a flower and blow out a candle. Practicing this in a playful way will help your child to remember this when they are feeling frustrated or angry.
- Practice counting to 10 or 20 as a way to take a calming pause.



## SONG OF THE WEEK

### IF YOU'RE HAPPY & YOU KNOW IT

If you're \*happy & you know it clap your hands (x2)

If you're happy & you know it & you really want to show it

If you're \*happy & you know it clap your hands!

\*Angry/stomp feet

\*Sad/cry a lot

\*Sleepy/stretch & yawn

(Make up your own words to express feelings)

## POWER OF PLAY MESSAGE

### PLAY BUILDS FRIENDSHIPS

- Engaging in play with other families expands your community of support.
- Playing together helps your child learn to share space and ideas with others.



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## WHAT IS MY CHILD LEARNING?

- Identifying and naming feelings throughout the day helps children to better understand and manage their emotions.
- Recognizing your child's emotions shows that how he or she feels is important. Having these conversations is an opportunity to connect with your child and talk about appropriate ways to express themselves, which improves their self-confidence and ability to self regulate.
- Observing how our faces change when we express different emotions develops a child's ability to identify how others are feeling.
- Reading stories and discussing how the characters are feeling helps children learn to empathize with others and promotes language development.
- **Mathematical Development:** Counting to 10 (or 20) as a way to help self regulate also is a good way to practice naming the numbers in order.
- **Social/Emotional Development:** Learning to recognize and name feelings is an important part of becoming confident and meeting our own needs.

*Look at pictures of children who are expressing different emotions and talk with your child about their observations. What is this kid feeling? (When do you feel like that? What do you do when you feel that way?)*