

Social-Emotional Activities for Young Children 48 Months Old



<p>Introduce a new feeling each day, such as bored. Use pictures, gestures, and words. Encourage your child to use a variety of words to describe how he feels.</p>	<p>Encourage activities that involve sharing, such as building with blocks, coloring with crayons, and playing dress up. Teach your child how to ask a friend for a turn. Give your child a lot of time to play with other children.</p>	<p>Provide opportunities for your child to be creative. Empty containers, glue, newspapers, rubber bands, and magazines can be used to make new inventions.</p>	<p>Take your child to the store, a restaurant, or the library. Explore new places. Talk with her about how people are alike and how they are different.</p>
<p>When doing housework or yard work, allow your child to do a small part on his own. Let him empty the wastebasket or clean crumbs off the table.</p>	<p>Talk with your child about possible dangers in your home, such as electrical outlets and stovetops. Talk about outdoor dangers, too, such as crossing the street or talking with strangers.*</p>	<p>Encourage your child's independence. Let her fix something to eat, such as a peanut butter and jelly sandwich. At bedtime, let her choose her clothes to wear the next day.</p>	<p>Use stuffed animals to act out an argument. Talk first about how the different animals are feeling. Then, talk about different ways to come to an agreement.</p>
<p>Tell a favorite nursery rhyme or story. Talk about what is make-believe and what is real.</p>	<p>Make puppets out of Popsicle sticks by gluing on paper faces, adding yarn for hair, and so forth. Put on a show about two children who meet and become friends.</p>	<p>Find a children's book at your library about anger. Talk to your child about how his body feels when he gets angry. Then, discuss what your child can do when he is angry.</p>	<p>Take your child to the library for story hour. She can learn about sitting in a group and listening to stories.</p>
<p>Your child is learning more about rules but will still need reminders. Talk about your family rules. Keep rules short and simple, and be consistent.</p>	<p>Have simple props such as old clothes, boxes, and folding chairs for playing store, fire station, or school.</p>	<p>Remember at least once a day to hug and cuddle and to praise your child for new skills. Praise independence, creativity, expressing emotions, and sharing toys.</p>	<p>Try to have clear routines during the day. Let your child know what will happen next. Have a reading time and quiet time each day.</p>

*Be sure to review safety guidelines with your health care provider.