

Social-Emotional Activities for Young Children 60 Months Old



<p>Tell simple jokes and riddles. Your child will love it when you laugh at her jokes—the sillier, the better.</p>	<p>Gather old shirts, hats, and other clothes from friends or a thrift store. Encourage dramatic play—acting out stories, songs, and scenes from the neighborhood.</p>	<p>Encourage your child to make choices as often as possible. Ask, “Do you want to go to the park or play at home?” He will like having some control over what he does.</p>	<p>Most of the time, your child will feel good about doing small jobs around the house. Give her a lot of praise when she does a good job, and tell her what a big help she is.</p>
<p>Your child may need some help when he argues or disagrees with a friend or sibling. Remind him to express his feelings with words and that he can come to you for help.</p>	<p>Make sure your child has plenty of rest and quiet and alone time when she needs it.</p>	<p>When your child has friends over, encourage them to play games that require working together. Try building a tent out of old blankets, playing catch, or acting out stories.</p>	<p>Tell your child a favorite nursery rhyme that involves the idea of “right” and “wrong.” Discuss what kinds of choices the characters made in the story.</p>
<p>Let your child know how special he is. Give him a lot of love, praise, and hugs every day.</p>	<p>Show your child pictures in magazines of people from different cultures. Talk about things that are the same or different between your family and other families.</p>	<p>Ask your child her birthday, telephone number, and first and last name. Practice what she would do if she was separated from you at the store.</p>	<p>Play games with your child such as Go Fish, Checkers, or Candy Land. Board games or card games that have three or more rules are great.</p>
<p>Have a special time for reading each day. Talk about what happens in the story. Ask your child questions. Listen to his answers. He has a lot to share.</p>	<p>Talk about real dangers (fire, guns, cars) and make-believe dangers (monsters under the bed) using hand-drawn pictures or pictures cut out from a magazine.</p>	<p>Build a store, house, puppet stage, or fire truck out of old boxes. Your child can invite a friend over to play store or house, have a puppet show, or be firefighters.</p>	<p>Encourage your child to talk about the different rules at home and at school. Talk about why there are rules.</p>