



Social and Emotional Development Activity for 42 to 48 Months

I Can Help

It will be difficult for children of this age to fully grasp emotional concepts, especially complex emotions. Therefore, stick to basic emotions such as happy, sad, angry, and hurt.

Materials:

- Large pieces of chart paper/poster board
- Markers

What to do:

1. Draw a happy face on top of the chart paper and ask the child what he sees and what it means.
2. Ask him to list things that make him happy.
3. Ask what he can do to feel happy.
4. Draw an unhappy face and repeat the process. Also ask the child what he can do if he sees a friend who is unhappy.
5. Draw an angry face, if appropriate, as well as someone who is hurt.

Variation:

- Talking about emotions with a child can be made easier by using books. There are many children's books — even for young children — that deal with emotions, such as *If You're Happy and You Know It* by Jan Ormerod or *The Way I Feel* by Janan Cain.

