

Activities to Promote Social and Emotional Health of Infants

Activity Title: Mirror Partners

Age Range: Infant

Purpose of Activity: Help you baby start to recognize facial expressions and body movements. This will help you be in tune with each other. You will get a chance to really look closely at each other, and have fun at the same time!

Materials:

No materials are needed.

Steps:

- 1.) Sit you baby on your lap, lay her on a blanket on her back, or, place her on her tummy and lay across from her on your tummy as well.
- 2.) Make various facial expressions. See if your baby reacts.
- 3.) Continue this game – taking the lead unless your baby starts to make her own expressions
- 4.) Describe what your child is doing... “You are watching daddy so closely!”
- 5.) If your baby make a facial expression or moves her body, try to mimic her!
- 6.) As you play, talk about what she is doing... “You are waving your hands and saying ga-ga-ga-ga!”

Activity adapted from “Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children”, by Nefertiti Bruce and Karen Cairone, with the Devereux Center for Resilient Children, 2011, North Carolina: Gryphon House, Inc.