

## DO THIS AT HOME

### Give Me a Hand

Try this activity at home to reinforce what your child learned about recognizing his feelings and the feelings of others.

#### What Your Child Will Learn

This activity will help your child or children start to recognize feelings in others and in themselves. This is the beginning of developing empathy. For children to fully understand the feelings of others, they need to be in tune with strong feelings in their own bodies. By helping give children some words to use in play situations, you are setting them up for more successful social and emotional interactions. Regularly talking about feelings and reviewing kind play words will help your child or children on the journey to develop empathy, as well as helping them learn to become good friends to others.

#### Materials Needed

paintbrushes, magazine or book pictures of sad and happy children, washable tempera paint

#### What to Do

- ▶ On the back of one of your child's hands, draw a happy face using the tempera paint and paintbrush. On the back of the other hand, draw a sad face.
- ▶ Help your child think of situations with friends that might make everyone feel happy or sad. Ask your child to hold up the appropriate hand to show how he would feel in each situation.
- ▶ It may be useful to think of recent happenings in your child's life to use for this activity so that you can discuss his thoughts, feelings, and behaviors in more depth.
- ▶ As your child takes a guess at the feeling, remember that he is just starting to understand feelings. He may guess "happy" for a time that was "sad," but you can use that time to talk with him about the meaning of those feeling words.
- ▶ Brainstorm words and phrases together that children can use to help them play and learn together, and write them down. Here are some suggestions:
  - May I play with you?*
  - When you are finished, may I have a turn?*
  - Please stop it. I don't like it.*
  - Can we take turns?*
  - Do you want to play together?*
  - Thank you for asking me to play. I want to finish this first.*
  - I like this. Can we do it together?*
- ▶ Find magazine pictures or books of children with happy or sad faces, and help your child think of what might have happened in each situation. Work together to make up a pretend conversation for the sad faces, and then help your child think of a solution using the useful ideas that you've written down.

\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).