



Power up for Kindergarten!



Core 4 Skill



Connecting & Feeling

Social-emotional skills help children identify & describe their feelings, interact with others & work through conflict.

What's in this Play Kit?

Connecting and feeling is one of the keys to later school readiness and success. Our kiddos look to us to learn how to deal with their feelings in safe and healthy ways. Check out the tools in this Play Kit to help your kiddo create a safe space to move through their feelings and talk about them too. See the other side of this card for more information.



Have you heard?

Our Books-of-the-Month are featured on the Dayton Metro Library's Dial-a-Story!

(937) 250-7500

For more early literacy resources, check out www.daytonmetrolibrary.org/earlyliteracy/

Journal & markers

Drawing can help your kiddo move through their tough feelings. Encourage your kiddo to draw in their feelings journal to match their mood. It can be scribbles or jabs too! Add words to their work.

Say: You seem sad. What color can we use to draw and add to your feeling journal?



Pinwheel

Practice taking a deep breath using the pinwheel with your child. Encourage them to take a deep breath in through their nose and blow out through their mouth.

Say: Breathe in to smell the "flower." Breathe out to spin the wheel.



Fidget ball

Use this fidget with your child to model how to handle big feelings. Squeeze the ball to release frustration or push the buttons on it as you take a breath in and out. Model for your child when they are calm.

Say: You seem frustrated, let's try squeezing this ball to calm down.



Treasure box

Use the treasure box with your child to store happy things, like in the book *Worrysaurus*. It can be a family picture, tiny treasure or coin. Help your kiddo find a safe calm-down spot to keep the box when they need happy reminders.

Say: You seem anxious. Let's find the happy box to remind us it will be ok.



Mental health bingo

This game can help your child look for things they do that can help them feel calm and connected to their loved ones. Keep the card visible to help them look for ways to build skills about their feelings and talk about them.

Say: What bingo squares did you do today to help you feel good?



Feelings card

Feelings can feel scary when we don't know how to talk about them. Use the feeling faces poster to help give names to feelings and talk about your own feelings throughout the day.

Say: What was something that made you feel happy today?

