



Power up for Kindergarten!



Core 4 Skill



Connecting and Feeling

Social emotional skills are ways our children connect to others as well as find the words to describe their feelings. These skills help children work through conflict with others and identify their own feelings as well.

What's in this Play Kit?

As a way to help build Kindergarten readiness and important skills, we've included some tools for play for your child! Find a safe place to keep them, because each month we will send you ideas for new ways to play. See the other side of this card for more information.



Activities



Invite your child to use paper and markers to draw a picture of family, a holiday gathering, or a favorite meal – a time when they felt full of love! They can draw the picture while you write their words to go with it.

Say: *Can you draw a picture of when you were full of love?*

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.*



Use the fidget to help your child when they need a way to channel their energy or need to have a quiet activity like in the car or at the doctor's office.

Say: *You seem excited, would you like to use this fidget to help with your extra energy?*

A timer can help your child learn to calm when they are upset. Practice first when they are calm, so they know what to do when they are upset. Encourage them to watch the sand fall as a way to calm down.

Say: *You seem upset, would you like to take a break with the timer?*



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?*