

GROWING READERS: MAY EXPRESS YO-SELF

Introducing our new literacy kits for caregivers (grandparents, friends, & neighbors!) of 0-5 year olds! Each month we will be releasing new grab bags with activities to get 0-5 year olds ready for school. This month we are focusing on *Social Emotional Development*.

Social emotional awareness is important for school readiness so that kids can:

- Recognize their emotions and how they positively and negatively impact behavior.
- Regulate their emotions, calm frustrations, and manage stress in different situations.
- Recognize and respect emotions in others, empathize, and express concern and support for peers.
- To find out more, check out our podcast: "Growing Readers." You can find it on our website in the Youth Services tab under "Podcast for Kids."

This activity:

- is a great tool for revealing kids' strengths and challenges as they begin to figure out how to identify their own feelings.
- helps kids develop a vocabulary for how they are feeling.
- broadens their understanding for others having emotions.



Materials:

- 1 container of PlayDoh*
- 3 double sided emotions playmats*

All materials with an * are included

1. Pull these out during playtime.
2. Use this as a chance to talk with your kids about:
 - a. When have you felt like this before?
 - b. What does your face look like when you feel this way?
 - c. What does your body feel like when you feel this way?
 - d. What do you do when you feel this way?
 - e. Can you change how you feel?

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