

## Toddler Social-Emotional Competencies & Learning Activities

Self-Awareness	Self-Regulation	Social Awareness	Relationship Skills	Responsible Decision-Making
<p><b>Recognizing Emotions:</b> Toddlers begin to identify and name their emotions and those of others. Caregivers can help by using emotion words in daily interactions (e.g., "You look sad. Are you feeling upset because your toy broke?").</p>	<p><b>Coping with Emotions:</b> Toddlers begin to learn strategies to manage their emotions, such as taking deep breaths or seeking comfort from a caregiver.</p>	<p><b>Empathy Development:</b> Toddlers start to show empathy by comforting peers who are upset and recognizing when others are happy or sad.</p>	<p><b>Sharing and Turn-Taking:</b> Toddlers begin to understand the concept of sharing and taking turns, though they may still need adult guidance.</p>	<p><b>Making Simple Choices:</b> Toddlers make basic choices, like selecting a snack or choosing a book to read.</p>
<p><b>Expressing Emotions:</b> Toddlers express a wider range of emotions and start to use words to describe their feelings.</p>	<p><b>Following Routines:</b> Consistent routines help toddlers feel secure and manage transitions more easily.</p>	<p><b>Understanding Differences:</b> Toddlers become more aware of differences and similarities among people.</p>	<p><b>Building Friendships:</b> Toddlers start forming simple friendships and enjoy playing alongside or with other children.</p>	<p><b>Understanding Consequences:</b> Toddlers begin to understand that actions have consequences (e.g., throwing a toy can break it).</p>
<b>Activities:</b>				
<p><b>Emotion Faces:</b> Use pictures of faces showing different emotions and ask toddlers to identify the emotion. Encourage them to make faces that match the emotions.</p>	<p><b>Calm-Down Corner:</b> Create a cozy space with soft cushions, stuffed animals, and calming toys where toddlers can go to calm down.</p>	<p><b>Story Time with Diverse Characters:</b> Read books featuring characters from different backgrounds and with diverse emotions to foster empathy and understanding.</p>	<p><b>Sharing Games:</b> Play games that require sharing and turn-taking, such as rolling a ball back and forth or passing a toy around.</p>	<p><b>Choice Boards:</b> Use visual choice boards to offer toddlers simple options throughout the day (e.g., which activity to do next).</p>
<p><b>Emotion Dolls or Puppets:</b> Use dolls or puppets to act out different emotions and scenarios, helping toddlers to identify and express their feelings.</p>	<p><b>Breathing Exercises:</b> Teach simple breathing exercises, like "smell the flower, blow out the candle," to help toddlers calm themselves.</p>	<p><b>Helping Hands:</b> Encourage toddlers to help with simple tasks, like passing out napkins or comforting a friend, to promote empathy and cooperation.</p>	<p><b>Center Time:</b> Schedule center activities and engage with them to help toddlers practice social interactions and build relationships.</p>	<p><b>Cause and Effect Toys:</b> Provide toys that demonstrate cause and effect, such as stacking blocks or push-and-pull toys, to help toddlers understand the impact of their actions.</p>

### Additional Activities for Toddlers

#### Emotion Matching Games

**Objective:** Promote self-awareness by helping toddlers identify and name emotions.

**Description:** Use cards or pictures of different facial expressions and ask toddlers to match them with the corresponding emotion words.

**Examples:** Emotion flashcards with pictures of happy, sad, angry, and surprised faces; Matching games where toddlers pair emotion cards with similar facial expressions.

#### Calm-Down Bottles

**Objective:** Aid in self-management by providing a visual tool for calming down.

**Description:** Create bottles filled with water, glitter, and small beads. When shaken, the glitter swirls around and gradually settles, providing a calming visual for toddlers to watch.

**Examples:** DIY calm-down bottles using plastic bottles, water, glitter, and food coloring; Encouraging toddlers to shake the bottle and watch it until the glitter settles.

#### Role-Playing Scenarios

**Objective:** Enhance social awareness and relationship skills through pretend play.

**Description:** Use dolls or stuffed animals to role-play different social situations, like sharing toys or comforting a friend.

**Examples:** Acting out a scenario where one doll feels sad, and another doll offers comfort; Practicing turn-taking with toys and discussing how it feels to wait and share.

#### Feelings Chart

**Objective:** Support self-awareness and emotional expression by helping toddlers identify and communicate their feelings.

**Description:** Create a chart with pictures of different emotions and have toddlers point to the picture that represents how they feel.

**Examples:** A daily feelings chart where toddlers can move a clip to show their current emotion; Discussing why they chose a particular emotion and what might help them feel better.

#### Circle Time & Story Time Discussions

**Objective:** Foster social awareness and relationship skills through group discussions and focusing on relationships and feelings in stories.

**Description:** During circle time and story time, discuss different emotions and social scenarios, encouraging toddlers to share their thoughts and feelings.

**Examples:** Talking about what makes them happy or sad and how they can help friends who are feeling down;

Using a puppet or mascot to facilitate discussions and model positive social interactions.