

# Me, You, We

## Social-emotional learning for children ages 2 to 5 and their adults

**This kit is filled with ideas to help your child develop and practice their social-emotional skills.**

### What is social-emotional development?

It is how children learn...

- To understand themselves
- To connect to and behave with other people
- To be independent and make good choices



### What are some social-emotional skills for young children?

They are important skills, like learning to...

- Understand how you feel and put a name to it
- Manage big feelings and control your behaviors
- Make sense of other people's feelings
- Find ways of caring about other people's feelings
- Work nicely with others by following directions and taking turns
- Solve your own problems

Children need strong social-emotional skills for everyday life and success in school. These skills provide children with the tools they need to be themselves. They also help children make friends, and become good at working, playing, and learning together.

All social-emotional skills take time to learn, and it is important to start when children are young. Even babies are developing these skills! Your child can practice social-emotional skills through play and everyday interactions. But they need your love, support, and patience too!



### What's in the Kit

- Lots of materials for adults and children to use together
- Activity sheets to give you ideas of how to practice social-emotional skills with your child





## Tips for using this kit (and for practicing social-emotional skills, in general!)

- **Spend time with your child.** The activities in this kit are for adults and children to do together. Sit on the floor and play with your child. Show interest in what your child is doing.
- **Let them explore.** Many children need time to explore materials before they try a specific activity. Let your child play with the materials in the kit. When you think they are ready, try something from one of the activity sheets.
- **Stick to your routines.** Young children feel safe and ready to learn when you follow a routine. Regular playtimes, mealtimes, and bedtimes are important—and full feelings, turn-taking, and following directions. Try to be consistent with your routines. Lots of changes can make learning new things even harder.
- **Offer encouragement.** Social-emotional skills are not easy. Your child might not get something right the first time. Offer praise when you see them being willing to try something again and again.
- **Try to be patient.** Each child develops social-emotional skills at their own pace. And many adults ask children to do things before they are really ready. Take a deep breath and let your child practice.
- **Show your feelings.** Everyone has feelings. Talk about how you feel. Model healthy ways of expressing your own feelings.
- **Be silly.** Tell jokes, do funny dances, and laugh. Having a good time together helps build strong connections.
- **Take breaks.** Learning social-emotional skills is hard work. If you or your child need a break—take one!
- **Follow your child's interests.** The activity sheets in this kit suggest some activities to try. But there are lots of other ways to do things. Notice what your child is interested in—and follow their lead!

### Play Matters!

Play is the very best way for children to practice their social-emotional skills. By playing on their own, next to, or with others, children learn about themselves and the world they live in. They...

- Explore feelings
- Build confidence by making their own choices and doing things in their own way
- Grow from their mistakes and successes
- Learn about others
- Practice seeing things from other people's point of view

Play is a powerful tool for learning.