



Social and Emotional Development Activity for 30 to 36 Months

Story Hand

Play this game when something wonderful has happened to your child or when you want to point out the child's successes.

Materials:

- None

What to do:

1. Tell the child, "It's story time." The child probably will think you are going to read a book but, instead, take his hand.
2. Give the pinky finger a massage and say, "This little finger wanted to learn how to ride a two-wheel bicycle." (Tell a story based on the child's life.) Go to the next finger and give it a massage, saying, "This finger was a little scared he might fall off." Continue to the next finger, saying, "But this finger said, 'I can do it. I just know I can.'" At the index finger, continue with the story by saying, "So I decided to try and try again." Finally, come to the thumb and with excitement have the thumb say, "Did he do it? Did he do it?" Then tuck the thumb into the palm of the child's hand and say, "No problem. All the fingers knew he would do it all the time."

Variation:

- Express the child's unspoken concerns as you rub each finger. When you get to the thumb, find a way to end the story that reassures your child. This is a powerful and wonderful game to play with a child who is anxious about something. Be creative in making up stories, as well as in the times you decide to use this strategy to help your child express and cope with his feelings.

